



SKIN CARE GUIDE

Value of Hands

Occupational Dermatitis

Employer Responsibility

Prevention Strategies

Skin Care Product Solutions



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With over 35 years of experience in the market working with all the key manufacturers in the business, Anchor Safety, technical specialists in personal protective equipment, can offer an unparalleled level of expertise. Selling to a wide range of customers from blue-chip multinationals to local businesses, Anchor Safety do not just provide products, but offer the advice and assistance necessary to safely protect your workforce and ensure your legal compliance.

As well as designing and implementing PPE programmes, for both single and multi-site clients, our experts also offer full site assessments, training and change management expertise, and dedicated account management. Anchor Safety can also provide ongoing bespoke support packages to integrate with a client's existing strategies, or set-up from new, with purchasing and onboarding of new equipment as the need arises.

All of this comes with our solid commitment to great customer service: We look forward to showing you that the Anchor Safety Experience is second to none!



Introduction to occupational skin disease:

Are your employees at risk of skin conditions due to their work?

Do you have a hand care strategy in place?

There is a risk that your workforce could be part of the increasing numbers suffering from occupational skin disorders such as dermatitis and other serious skin disorders. In this expert guide, we explain the risk, its serious impact on health and safety in the workplace and look at your legal responsibilities to protect your staff.

Remember, prevention of occupational skin disease is easier and far less expensive than a cure. This guide will show how you can quickly implement a successful hand care strategy.

The value of hands

Imagine life without the use of your hands

Imagining life without being able to use your hands is hard; they are intrinsic to everything you do. Ex-MP for South Thanet, Craig Mackinlay, described living without his hands after losing them to sepsis:

"You don't realise how much you do with your hands... use your phone, hold the hand of your child, touch your wife, do the garden."

Although occupational dermatitis won't cause the loss of your hands, it can make them too painful to use, and can be an extremely long-term, debilitating condition; one that costs British employers millions every year.

Cost to businesses

- ✔ Nationally, across all industries, an estimated 84,000 people have dermatitis caused or made worse by their work.
- ✔ According to the European Agency for Safety and Health at Work, skin diseases are the second most common work related health problem in Europe.
- ✔ An unbelievable 40% of workers will suffer from a skin issue at some point in their working lives.
- ✔ The HSE reports that occupational dermatitis accounts for 10% of compensation cases under the Department of Work and Pensions Industrial Injuries Scheme
- ✔ This is a long term condition: Up to 10 years after the condition first occurs, 50% of workers still have skin problems.

DAMAGING BUSINESSES

Lost working time/Loss of productivity

Poor morale

Danger - Increased mishandling due to pain

Hygiene Issues - Cleaning and drying already sore skin

Cost of welfare compensation claims

PAIN & DISCOMFORT FOR WORKERS

Adverse effect on family and social life

Cost of ongoing treatment

Can be career-ending



The Covid effect:

The problem is likely to have been exacerbated by Covid. Soaps and cleansers are the causative agents responsible for a high percentage of occupational dermatitis cases.

While previously the numbers of reported cases had been dropping, a new and continued emphasis on hand cleanliness will have led to an increase in irritant contact dermatitis.

Occupational dermatitis - a closer look

Work related contact and allergic dermatitis both cause similar types of symptoms: itching, swelling, blistering, weeping, scaling, flaking and cracking. These conditions can cause a disproportionate amount of discomfort and inconvenience when occurring on the hands.



Irritant contact dermatitis	Allergic contact dermatitis
Cause	
Direct contact with irritants: chemical, biological, mechanical or physical, or repeated contact with water.	Sufferer develops an allergy (becomes sensitised by an exposure). This allergic reaction is likely to become permanent.
Example Triggers	
<ul style="list-style-type: none"> ✔ Wet work ✔ Soaps, shampoos, detergents ✔ Solvents ✔ Some foods ✔ Oils and greases ✔ Dusts ✔ Acids and alkalis ✔ Wet cement ✔ Moisture build-up when wearing gloves 	<ul style="list-style-type: none"> ✔ Hair dyes ✔ UV cured printing inks ✔ Adhesives ✔ Nickel ✔ Some plants ✔ Wood dusts ✔ Rosin (Colophony – from pine tree sap, used in a huge variety of applications)



Irritant contact dermatitis can be a consequence of trying to protect the hands. Moisture build-up underneath protective gloves can result in extremely sore and inflamed hands, leaving workers with a dangerous dilemma: remove gloves and place your hands at even more risk, or put gloves on over painful hands, causing even more discomfort and potentially risking fumbling accidents.

There are a number of different types of work-related skin diseases, including contact dermatitis, contact urticaria, folliculitis, acne, infective and mechanical skin disease, and skin cancer.

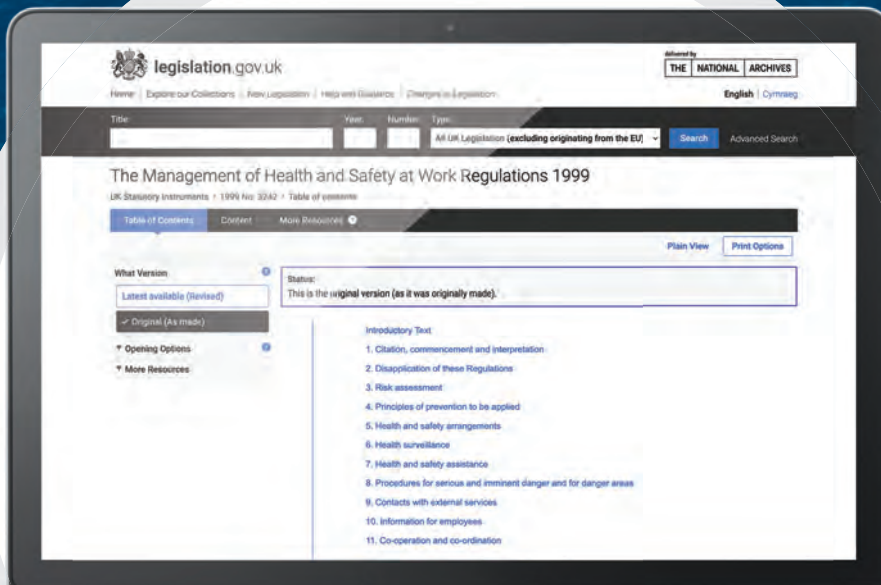
Employer responsibility

Your Responsibility as Employer:

Management of Health and Safety at Work Regulations (1999) states clearly in sections 3 – 6 that it is not only your responsibility to conduct comprehensive risk assessments but also to monitor health on an ongoing basis and provide suitable effective protective equipment.

When making a risk assessment regarding hand protection, it is difficult to accurately measure the threat to skin from irritants and allergens. This makes it even more important that businesses show they are training their staff in looking after their own health and are always taking preventative measures to avoid problems starting in the first place.

A clear and simple hand protection programme is the way to do this. After all, prevention is far easier, cheaper and less painful than treatment.



www.legislation.gov.uk/ukSI/1999/3242/contents/made



Prevention strategies

Educating your workforce in how to look after their hands is part of your responsibility towards their safety as their employer, as is providing the products to enable good hand care. Don't just assume that your employees know, (or even care!) about how to look after their hands safely; they may not be aware of the long-term implications.

A

CHOOSE THE RIGHT PRODUCTS

Choose naturally based, but effective products which are less likely to upset the natural balance of your skin. Remember that products may need to be used at any time and that water may not always be available for hand washing.

B

PROTECT

Use a good quality barrier cream to enhance the natural barrier provided by the oils in the skin and to prevent dirt becoming ingrained in the first place.

**Find out more about barrier creams
in our Expert Insight.**



C

CLEAN

Thorough and regular cleaning, both during and after work, could prevent occupational dermatitis, infection and serious disease. Cleaning hands at regular intervals not only prevents cross contamination of dirt, but also reduces the amount of time that contaminants have to be absorbed by the skin and grime to become embedded, causing exacerbation of dermatitis, irritation and cracking and potential skin disease.

Find out more about how to clean your hands of ingrained dirt in our Expert Insight.



D

MOISTURISE & PROTECT AGAIN

During work,
always re-protect hands with barrier cream after every time they are cleaned.

After work,
use a natural hand moisturiser to replace lost oils and support your skin's natural barrier.

Remember:

Dermatitis is more easily prevented than cured and the costs of prevention are far less than those of a cure.

Skin Care Solutions - overview of the range



Keeping it natural

The benefits of using natural skin care products are numerous. Plant and mineral ingredients have been used effectively for many years and are often gentler on the skin than their synthetic counterparts, meaning they don't strip away the natural oils and moisture and are less likely to trigger dermal reactions. They can achieve equally good results to those more synthetic in nature, while being far more sustainable.

Hälker protection

With years of living and breathing health & safety, plus an understanding of the environments and risks faced by workers every day, the specialists at Hälker know a lot of PPE just isn't up to the job. Which is why they do it differently...



Skin Care Range

Your hands take a lot of punishment over the course of a working day. Hälker products offer you a skincare strategy which can stand up to the challenge of extreme grime and protect your hands naturally.

- 11 Barrier Balm
- 12 Extreme Cleanse
- 13 Intense No-Rinse Cleanse

“

*“This is a great product which lasts longer than other barrier creams”
Brenntag employee*

*“Really good, soaks in really well and not greasy and feels like an extra skin”
Lestercast Ltd*

*“I suffer from dermatitis on the hands, but this has improved using the product.”
Brenntag employee*

*“Dries without any residue and allows easier cleaning of hands.”
Brenntag Employee*

*“...is non-greasy in comparison with other creams I have used.”
Calor Gas Employee*



BARRIER BALM

Touch. Grip. Push. Lift. Pull. Press.
Keep your hands working hard with natural protection.

If your hands become sore, itchy or inflamed, every single action can be painful, making skin conditions worse. Hälker Barrier Balm forms an invisible and comfortable shield, which protects your hands from the irritation caused by the solutions, oils and solvents you encounter in your work.

Kinder to your skin than other protective hand creams, Hälker Barrier Balm still provides an amazingly effective defence against the majority of skin irritants you are likely to encounter in your workplace.

Suitable for use in all industries, from food manufacture to engineering, the soothing plant extracts will continually moisturise your skin, while protecting from the onset of skin conditions such as dermatitis and eczema.



V40-HK685
Barrier Balm - 5L Jerry Can

Ideal for refilling mobile and static skin care station dispensers, this bulk sized jerry can will help ensure the continuity of your workplace skincare strategy, with hand protection whether you are in the workplace or on the move.



V40-HK686
Barrier Balm - 250ml Tube

Small enough to tuck in a glovebox or in a workbag, individual Barrier Balm tubes are an ideal way to keep protected wherever you are working.



Plant & Mineral Based

Hälker Barrier Balm is created using ingredients taken directly from nature, proven to care for skin gently and effectively. Avoiding the inclusion of aggressive chemicals means that you can feel more confident that your hand protection won't trigger skin reactions or cause further irritation. Mineral clay (Montmorillonite) has long been known for the skincare benefits it provides, while vegetable glycerin, derived from plant oil, is widely regarded for its moisturising properties.

EXTREME CLEANSE

Hälker
Protection * Prevention

Ingrained mud, muck, grease, oil and worse...
In an extreme environment, you need a skin cleanser that is up to the challenge.

Using Hälker Extreme Cleanse will help you fight the toughest of grime, cut through the worst of grease and oil and tackle the most stubborn, ground in dirt. Keeping your hands cleansed using Extreme Cleanse will prevent the build-up of dirt that can lead to unpleasant and painful skin conditions such as cracking and dermatitis.

Regular cleansing with Hälker Extreme Cleanse won't compromise your skin – despite its effectiveness, Hälker avoids harsh ingredients, instead sourcing them from nature: Your hands will experience the natural, gently abrasive properties of pumice and cleansing powers of plant extracts, leaving them feeling thoroughly clean and fresh.

Suitable for use in all industries, this is an amazingly effective skin cleanser which should be a stalwart of your day-to-day skin protection strategy.

V40-HK67

Extreme Cleanse - 5L Jerry Can

Ideal for refilling skin care station dispensers, this bulk sized jerry can will help ensure the continuity of your workplace skincare strategy.



For even more effective skin care, follow up with Hälker Barrier Balm to protect your hands until the next wash (see page 11).



Plant & Mineral Based

Hälker Extreme Cleanse is created using ingredients taken directly from nature, proven to care for skin gently and effectively. Avoiding the inclusion of aggressive chemicals means that you can feel more confident that your hand cleanser won't trigger skin reactions or cause irritation. Volcanic pumice is a traditional and natural way to exfoliate, even in dry conditions, while natural plant extracts are known to support the defence and natural regeneration mechanisms of the skin.



INTENSE NO-RINSE CLEANSE

Ingrained mud, muck, grease, oil - but no water?
Don't compromise your hand protection
when you're in the field.

When cleaning your hands isn't convenient, it might seem easier to leave ground-in dirt to the end of the day. But this build-up can cause long term damage. Hälker Intense No Rinse Cleanse fights the grime naturally, wherever you are, with no need for water to rinse. With regular use, you can defend your hands from the irritation, cracking and long-term painful skin conditions caused by tough, dirty work and neglect.

Less wasteful than wipes and kinder to your skin than many other hand scrubs, the exfoliating volcanic pumice will effectively lift and remove oils, greases, dust and dirt from the skin, leaving you clean, fresh and ready to safely take on the next job.

Suitable for use in all industries, Hälker Intense No-Rinse Cleanser is ultra-convenient whether your are in a remote location without water access or rushing between jobs and need to clean hands on the move.



V40-HK696 Intense No-Rinse Cleanse - 250ml Tube

Small enough to tuck in a glovebox or in a workbag, individual No-Rinse Cleanse tubes are an ideal way to keep protected wherever you are working.



For even more effective skin care,
follow up with Hälker Barrier Balm
to protect your hands until the
next wash (see page 11).



Plant & Mineral Based

A convenient addition to our natural range of hand care, Hälker Intense No-Rinse Cleanse also uses natural ingredients to exfoliate and cleanse skin, but without the need for water to dilute and rinse off. While volcanic pumice will still disrupt and lift ground in dirt from the skin's surface, natural surfactants and plant oils disperse the dirt into a form which can be easily brushed off the skin with a cloth, without affecting the skin's natural defensive mechanisms.



Hälker
Protection * Prevention

SKIN CARE STATIONS

Make your hand care strategy simple and front-of-mind with a static hand care station. Positioning a full solution close to washing facilities will ensure that you enable all workers to take care of their own health and safety, as per HSE recommendations.



Key features

- ✓ Suitable for a range of industrial, commercial and hospitality environments
- ✓ Mounted on tough 10mm foamex board, laminated for extra durability
- ✓ Highly visual design for impact
- ✓ Large capacity dispensers
- ✓ Easy refill, with 5L jerry cans
- ✓ QR code for quick re-ordering

Bespoke design and branding options are available. Talk to the Anchor Safety team.

V40-HK610
Station, including 2 x Dispensers

V40-HK680
Barrier Balm - Dispenser Only

V40-HK670
Extreme Cleanse - Dispenser Only





MOBILE SKIN CARE BUNDLE

Enable your mobile workforce to protect their hands, wherever they are, with a total hand care solution that is effective in the absence of water and washing facilities. By providing a handy skin care pack, with both a hand barrier cream and an effective cleanser which doesn't require water for rinsing, workers will be able to clean contaminants off quickly, minimising the effect on skin and ensuring hands are ready to move on to the next task safely.

Includes

- ✓ 1 x Barrier Balm, 250ml tube
- ✓ 1 x Intense No-Rinse Cleanse, 250ml tube
- ✓ Bundled together in handy drawstring bag

V40-HK600-KIT Skin Care Bundle



Make skin care part of your hand protection programme

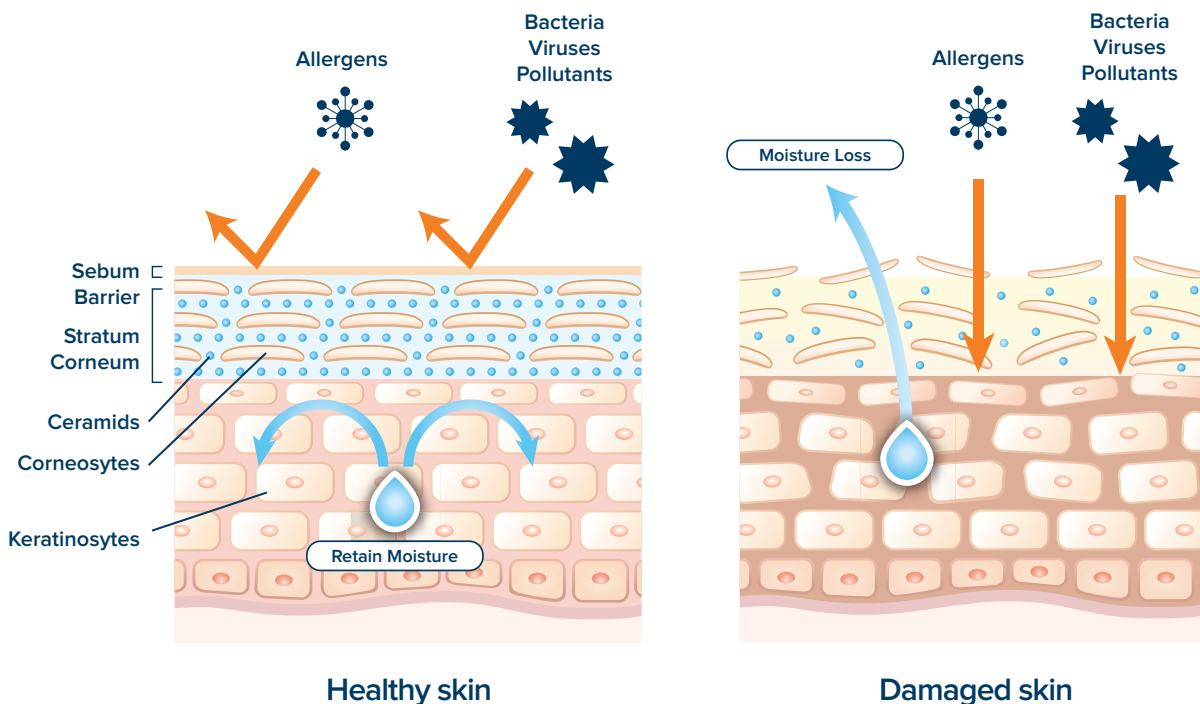
While our hand care products should never be used instead of appropriate gloves, it should still be considered as a significant part of an overall hand protection programme.

For instance, the benefits of Hälker Barrier Balm can be felt by even those wearing gloves, reducing potential irritation, inflammation and other dermatitis symptoms by preventing moisture build up within protective hand wear.



Providing a protective barrier

By maintaining skin barrier integrity, skin hydration is improved and the skin is able to restore and repair itself.



Get in touch with our experts

Skin care is just one part of your overall hand protection strategy

Contact our experts for a full glove consultation.

sales@anchorsafety.co.uk

0800 328 5028





0800 328 5028



sales@anchorsafety.co.uk



0739 375 8603



www.anchorsafety.co.uk