

HAZARD ALERT



SKIN PROBLEMS

Protect Your Skin



Are you in danger?

You could be at risk if you work with...

- ▶ **Wet cement or plaster**
- ▶ **Abrasive cleaners**
- ▶ **Paints**
- ▶ **Adhesives**
- ▶ **Chemical solvents**
- ▶ **Spray foam insulation**



These materials can contain substances such as hexavalent chromium, calcium hydroxide, toluene, xylene, epoxy resins, lime, and other chemicals that can harm your skin. Dermatitis, burns, other skin disorders, and even cancer can result.

Do you have any of these symptoms?

- ▶ **Red and/or swelling hands or fingers**
- ▶ **Cracked and/or itching skin**
- ▶ **Crusting and thickening of the skin**
- ▶ **Blisters**
- ▶ **Flaking or scaling skin**
- ▶ **Burns**

If the answer is **YES**, you may already have dermatitis or another skin disorder. See a dermatologist if the symptoms do not go away, and explain what products and materials you use at work.



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If you think you are in danger:
Contact your supervisor. Contact your union.
Call OSHA 1-800-321-OSHA

Find out more about construction hazards.
To receive copies of this Hazard Alert and cards on other topics:
call 301-578-8500 or
email CPWR-r2p@cpwr.com



8484 Georgia Avenue
Suite 1000
Silver Spring, MD 20910
301-578-8500
www.cpwr.com

PROTECT YOUR SKIN!

1 Prevent exposure

Try not to get your arms or clothes wet. Wear personal protective equipment (PPE) such as gloves, coveralls, and boots. If you work outdoors, always put on sunscreen with a sun protection factor (SPF) of 30 or higher. Make sure your hands and skin are clean before applying sunscreen.



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2 Wear gloves

Use the right gloves for the materials, tasks, and chemicals. Wear gloves that fit and keep the inside of your gloves clean and dry.



- ▶ **WASH** and dry your hands before putting on gloves.
- ▶ **CLEAN** off the outside of your gloves before taking them off.
- ▶ **DO NOT TOUCH** the outside of your gloves when you take them off.
- ▶ **DISCARD** gloves with holes, tears, or worn areas.

3 Keep skin clean

Wash with soap and clean water if your skin comes in contact with hazardous materials and after removing your gloves. Use a pH neutral soap if you work with caustics like wet cement.

- ▶ **DO NOT** wash your hands with the water in the bucket used to clean your tools.
- ▶ **DO NOT** use hand sanitizers.



Using a hand washing station

Wash your work clothes separately when you get home.

Find out more about how to protect your skin...

- ▶ **www.ChooseHandSafety.org:** A one-stop source for information on skin disorders and hand injuries
- ▶ **OSHA:** Dermal Exposure (<https://tinyurl.com/Dermal-Exposure>)
- ▶ **NIOSH:** Skin Exposures & Effects (www.cdc.gov/niosh/topics/skin/)
- ▶ **Physician's Alert- Occupational Contact Dermatitis Among Construction Workers:** This alert contains information for you and your doctor. <https://bit.ly/2UnuYDp>
- ▶ **CPWR Construction Solutions:** <https://bit.ly/2C7zvm5>