

LET'S BEAT DERMATITIS

The Health & Safety Executive claim that 70% of hairdressers suffer from skin damage, and that they are 17 times more likely to develop dermatitis than any other group of workers.

What is dermatitis?

Dermatitis can occur when the skin comes directly into contact with substances that cause allergy. There are two types of dermatitis: irritant dermatitis and allergic contact dermatitis.

Symptoms include:

- Dryness
- Itching
- Redness
- Cracking
- Bleeding
- Swelling
- Flaking
- Scaling
- Blistering



What are the causes?

There are several ways that your hands can come into contact with water and chemicals.

- Washing, shampooing, colouring hair with bare hands.
- Handling equipment soaked in chemicals.
- Touching contaminated clothing, tools or containers.
- Splashing chemicals onto your skin when mixing or handling them.
- Aerosols and dust land on your skin and on surfaces that you might touch.



Three Steps to Healthy Hands

1. Wear gloves

Wear disposable gloves when working with colour, bleach and washing hair. Latex and Vinyl gloves have long been used but Vinyl and Nitrile gloves are recommended by the HSE as they are flexible and excellent in protecting. If you would prefer, you could use a barrier cream like Gloves in a Bottle, Hara Barrier Cream or Skinsure.

2. Dry your hands

Why not keep some hygiene roll next to your backwashes and colour mixing areas. This will help to encourage staff to wash and dry their hands.

3. Moisturise

Choose a quality moisturiser which is for professional use like Hara Vitamin E Cream or ProSensive. It needs to be fragrance free, non greasy and hydrate the skin.



Safe Glove Removal

Careful removal avoids contact with the outer surface of the glove

