

LHSC **Prevention** of Skin Damage Related to Personal Protective Equipment Quick Reference Guide

LHSC Skin, Wound, Ostomy Team (SWOT)

It is the responsibility of each healthcare professional to verify with their institutional infection control team that any measures taken to prevent or manage PPE related skin injuries do not interfere with the efficacy of the PPE

KEY POINTS

Remember your skin is your largest organ and can be your first line of defense. Optimal hydration and nutrition are necessary to ensure healthy skin.

1. Skin Protection:

- Complete your daily hygiene routine
- Moisturize the skin that will have contact with PPE.
- Do not use products with petrolatum jelly or mineral oil
- **Moisturizer MUST BE DRY prior to donning PPE**



2. Pressure with PPE use:

- Skin irritation can be related to undue pressure/misuse of PPE.
- Recommend removing PPE to relieve pressure areas every 4 hours (coinciding with break times).
- Inspect skin.
- If any damage or irritation, consult Occupational Health and Safety Services (OHSS).

3. At the end of your shift:

- Thoroughly cleanse your face and neck using soap and water.
- Do not rub areas which may have been under pressure as this may increase damage.
- Apply moisturizer.

Recommendations (Intact, Non- Erythemic Skin)

| | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Hands</p> |  <p>Surgical mask, goggles, face shield, N95, etc....</p> |
| <ul style="list-style-type: none"> • Moisturize hands regularly/frequently to minimize risk of irritant contact dermatitis • Remove all nail polish, artificial nails • Avoid wearing jewelry and wrist watches • Ensure hands are dry (after washing, using sanitizer or moisturizer) prior to donning gloves • Seek OHSS attention if irritation persists | <p>Options could include:</p> <p>Personal moisturizer (should contain <i>acrylate polymer and/or dimethicone</i> for barrier and durability properties)</p> <ul style="list-style-type: none"> - Moisturizing cream (e.g. Sween, AtracTain) - Barrier cream (e.g. Brava barrier cream) - Barrier wipe (e.g. Cavilon No Sting, Brava Skin Barrier) - Dimethicone product (e.g. Sween 24, Baza Cleanse & Protect) |