

Today's Topic/Issue

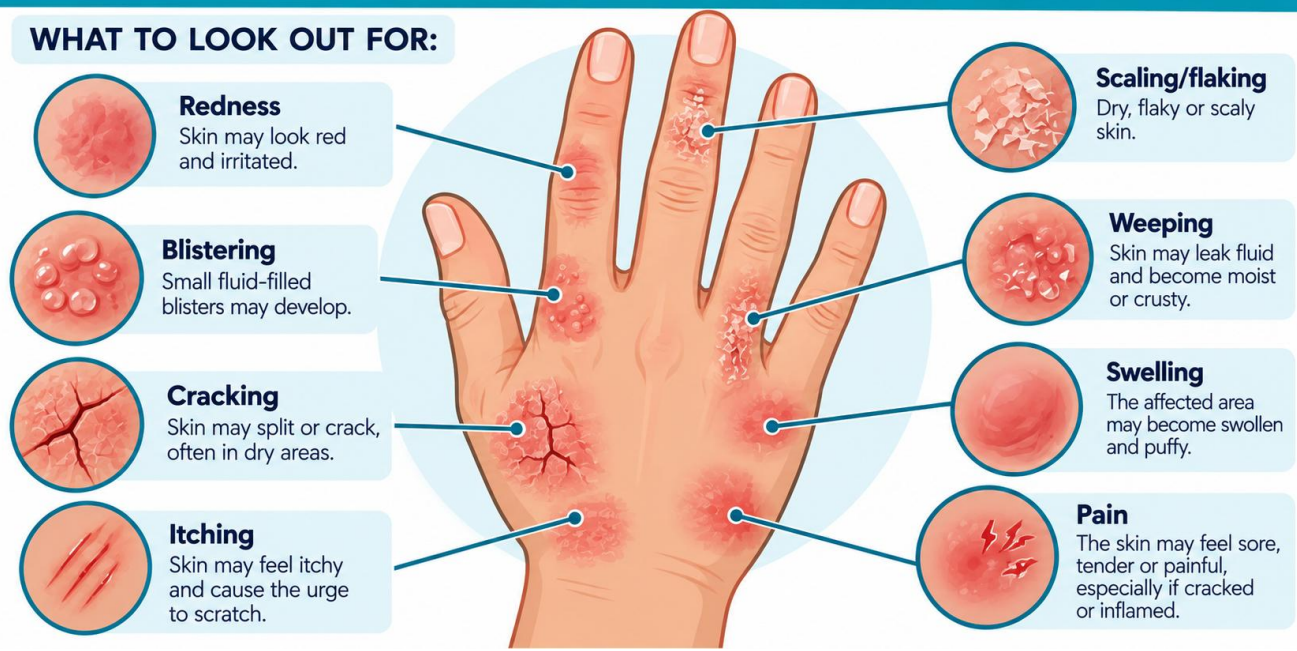
Work-related skin disease such as dermatitis and sunburn are things which can be avoided and managed if you know what signs to look for. Avoiding exposure to irritants, protecting your skin and checking for signs contribute to avoiding painful and sometimes debilitating skin conditions.

Contact Dermatitis

Dermatitis is a skin condition caused by contact with something that irritates the skin or causes an allergic reaction. It usually occurs where the irritant touches the skin, but not always. It is most common on exposed or vulnerable areas such as hands, arms, face & neck.

CONTACT DERMATITIS

WHAT TO LOOK OUT FOR:



What causes contact dermatitis?

It can occur quickly after contact with a strong irritant, or over a longer period from repeated contact with weaker irritants. Irritants can be chemical, biological, mechanical or physical. Repeated and prolonged contact with water (e.g. more than 20 hand washes or having wet hands for more than 2 hours per shift) can also cause irritant dermatitis.

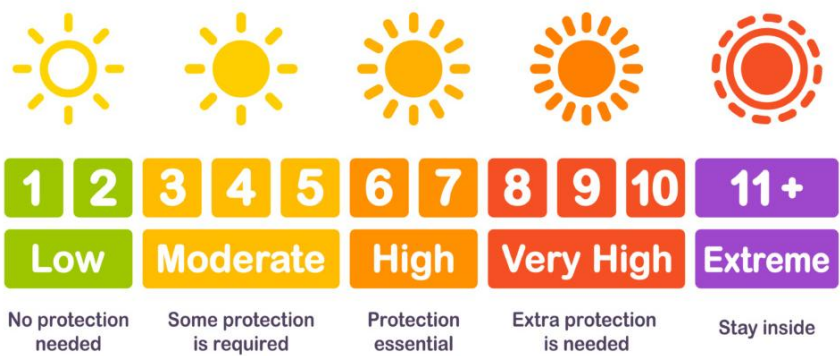
QUICK QUIZ

How can we reduce our skins exposure to irritants?

You don't have to be sensitive to a substance when you first come into contact with it. Repeated or prolonged exposure can damage the skin and, in some cases, cause a person to become sensitised. This means that someone who has never previously had a problem with a substance may develop dermatitis or an allergic reaction after continued exposure.

Sunburn and Other UV Damage

The UV content of sunlight can have damaging effects on the skin.



QUICK QUIZ

How can you assess your risk of sun burn or other UV damage?



UV Damage

Damage to the body can include:

- Reddening of the skin
- Blistering of the skin
- Tissue damage
- Pain
- Dehydration
- Loss of skin functions

In extreme cases, the person may develop heat stroke which in certain instances may be fatal.



The damage prolonged exposure to the sun did to the left side of his face



PREVENTION

STAY SAFE IN THE SUN

**SIMPLE STEPS
MAKE A BIG DIFFERENCE**

1 Avoid direct sunlight

Take breaks in the shade.



2 Clothing

Cover up during the hottest part of the day.



3 Wear a hat



A wide-brimmed hat helps protect your face, ears and neck.

4 Sunglasses

Should protect to UV 400.



Look for a label or marking that shows UV 400 protection.

5 Sun cream

Use a sun cream with SPF 15 or above and apply regularly.



Apply before exposure



Reapply regularly



Reapply after sweating, swimming or towel drying

6 Personal surveillance

Watch out for signs of sunburn and take action if needed.



7 Limit exposure

Where possible, reduce the time you spend in direct sunlight, especially during the hottest part of the day (11am – 3pm).



**HOTTEST
PART OF
THE DAY
11AM – 3PM**

8 Drink water regularly

Maintain your hydration levels, especially in hot weather.



**REGULAR
DRINKING
HELPS YOU
STAY SAFE
AND FEEL WELL.**

Work-related skin disease such as dermatitis and sunburn are things which can be avoided and managed if you know what signs to look for. Avoiding exposure to irritants, protecting your skin and checking for signs contribute to avoiding painful and sometimes debilitating skin conditions.

QUICK QUIZ

How can we reduce our skins exposure to irritants?

Dermatitis can be prevented by:

- **Clean working conditions**
- **Ensuring PPE is clean and fresh before wearing i.e. gloves**
- **Make sure that gloves are made of suitable material for the task in hand, are the right size, replaced when necessary and stored appropriately when not in use. Sweat build-up is a common cause in dermatitis.**
- **Careful attention to skin hygiene principles**
- **Prompt attention to cuts, abrasions and spillages onto the skin**
- **Use of protective equipment i.e. gloves, paper coveralls e.t.c**
- **Barrier cream can help in some cases**
- **Thorough drying after washing**
- **Regular skin checks to spot the early stages of dermatitis**
- **Avoid the use of hands as tools**

Different industries may have higher risks of skin exposure to irritants than others. It is the legal responsibility of the employers to risk assess all substances and provide effective control measures to reduce the risk of harm as far as is reasonably practicable.

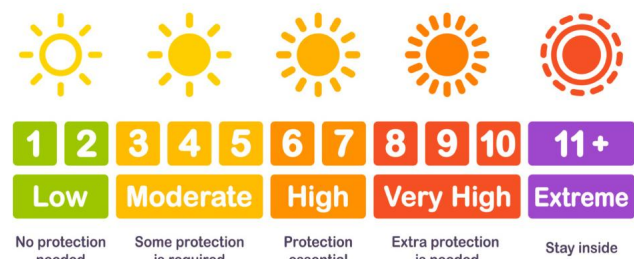


Toolbox Talk – SUPERVISORS NOTES

Skin Care

2026/27

The Met Office and other weather providers will inform the public of the current and expected UV levels. Work may need to be changed or adapted to accommodate the high levels.



QUICK QUIZ

How can you assess your risk of sun burn or other UV damage?

The UV content of sunlight can have damaging effects on the skin. UV levels are often provided by weather forecasts as high UV levels equals high risk of sunburn on unprotected skin. However, it is advised that sun cream or sun protection should be worn at all times if you are spending a lot of time outdoors regardless of the weather or time of year.

Risks from the sun include sunburn which damages the skin cells, skin cancers, aging of the skin. Painful sunburn more than once every two years triples the risk of skin cancer.

You should be aware of your own skin vulnerability. People with more melatonin (the substance which causes our skin to “tan”) have a lower risk of burning whereas lots of freckles can indicate a high susceptibility.



Toolbox Talk - Attendance Sheet

Site/Department Name:

Trainer Name:

Signature:

Toolbox Talk Topic:

Date:

Name	Signature

Any further feedback or questions from attendees regarding this toolbox talk topic?