

## FIRSTLINE RECOMMENDED HAND CARE REGIME

Listed below is a simple hand hygiene regime to assist in the repair and healing of compromised hands or to assist in the prevention of skin degradation which can lead to sensitization:

### SOAPS

- **NO** anti-bacterial hand soaps or quick dry hand sanitizers off shift for 14 days. Minimize use of these products on and off shift to when exposure is prevalent.
- **Minimize** use of soaps and sanitizers whose primary ingredient is alcohol.
- **NO** soaps that contain the ingredient THIMEROSOL.
- **DO** use Aveeno or equivalent oatmeal based soap off shift to reduce stripping oil from hands.

### LOTIONS

- **NO** Lanolin or Aloe based lotions on or off shift. If you must, use only off shift.
- **Do** use Aveeno or equivalent oatmeal based lotion off shift to promote healing.
- **Do use Bio-Safe Skin Protectant** on and off shift, or as necessary to repair the hands.

### GLOVES

- **DO** use FirstLine gloves or comparable gloves identified to be low in accelerators, e.g. thiurams, carbamates and mercaptobenzothiazoles, known to cause irritation.

### GLOVE LINERS

- **DO** use when on shift. Change when the liner becomes "moist" with perspiration.

### SKINS NATURAL OILS

- The skins natural oils are critical in preventing a career glove wearer from developing irritant contact dermatitis or an allergic reaction. Chronic hand washing with alcohol based soaps strip the skin of their own natural oils, creating direct pathways for irritants or allergens to enter the system dramatically increasing the chance to become sensitized.