

Look after your skin - keep an eye out for:

- Raised red or white bumps
- An itchy or painful rash
- Scaly, scabby or rough skin
- Peeling or dry and cracked skin
- Moles which become sore, tender or swollen
- Newly formed moles

If you are concerned, talk to your GP.

What factors lead to bad skin?

- Sun - UV rays are harmful to the skin and are the main cause of most skin cancers.
- Alcohol - makes the body dehydrated. Deprives the skin of vitamins and nutrients.
- Smoking - deprives the skin of oxygen, accelerates aging, and depletes the body of vitamins which help heal.
- Stress - stress hormones affect functions like the flow of blood to your skin. A common sign of stress is skin irritation or a rash.
- Sleep deprivation - affects wound healing, collagen growth, skin hydration, and skin texture. Inflammation causing skin outbreaks is also higher in sleep-deprived people.
- Food - nutrient-rich whole foods like fruits and vegetables, whole grains, and healthy fats are good for your whole body, including your skin. They contain vitamin E, which is an antioxidant and helps protect against skin cancer.



CoSSH - protect your skin

- Read and understand the CoSSH datasheets before working with harmful substances.
- Make sure you fully understand the method, and follow the safe system of work.
- Check your gloves - make sure you have the correct gloves for the substance, so you protect your skin fully.
- Wash your hands correctly after handling harmful substances.
- Don't eat or smoke before you wash your hands thoroughly.
- Check your hands and skin regularly.



Take care in the summer heat

- Use sunscreen SPF30 or higher to protect your skin.
- Hydrate regularly by drinking water. Keep a refillable bottle with you if possible.
- Wear sunglasses to protect your eyes when it is bright.
- Watch out for the main symptoms of heatstroke: headache, dizziness, confusion, sickness and fatigue.
- Look out for co-workers who may be affected by the heat.
- Seek the shade where you can.