

Frequent hand washing and glove use can irritate your skin.

How to keep your hands healthy



Protect your hands
against the cold

Don't wear rings

Change gloves often

Wear protective
gloves when using
cleaning products



Choose hand
sanitizers when
possible

Use a mild soap and
lukewarm water if
hands are soiled

Dry your hands
completely



Choose
fragrance-free
moisturizers

Apply often

SEEK CARE IF YOUR SKIN GETS WORSE



Centre for
Research Expertise
in Occupational Disease