

- Many materials used on site are potentially harmful to our skin. These are often covered by a COSHH assessment which will tell you how to use a substance safely. Before you use any new substance or material check if there is a COSHH assessment and what it says. Also read the packaging on the material as this will often tell you how to use the product safely as well.
- One common skin disease is contact dermatitis. This can be caused by cement, greases, oils, fuels and other chemicals.
- You may get an allergic reaction to substances, this may be a rash, swelling and/or itching.
- You may become sensitised to a product, this means that only tiny amounts will cause you to react again.
- Symptoms of dermatitis include itching, swelling, a rash, dryness and cracking of the skin, blisters, weeping sores and infections. If you think you have any of these symptoms tell your manager and get yourself checked by a doctor.
- Dermatitis cannot be cured, but it can be controlled.
- You can help to protect yourself from dermatitis by following instructions on product usage, wearing appropriate PPE and good hygiene.
- Some situations make you more susceptible to dermatitis. These are friction, extremes of temperature, extremes of humidity and exposure to chemicals.
- There are other skin diseases which can be caused by chemicals. These include things such as skin cancer and acne.

The image below shows contact dermatitis of the ankle.



Q: What are some of the symptoms of dermatitis?

Q: How can you protect your skin?

Q: What other skin diseases could you get?