

Strategies for Preventing Injury and Illness from extended use PPE

Facial Skin Breakdown

- Use gentle cleansers on the skin at home (i.e. Cetaphil, Cerave, Dove gentle skin face wash) and use occlusive agents to rehydrate the skin (i.e. Aquaphor, Vaseline, Biafine, Eucerin).
- Use Aquaphor/Vaseline on areas where there are friction rubs.
- Regular PPE breaks, including removing N95 mask more frequently, to give skin a break and to decrease the impact of sweating.

Hand Dermatitis

- Alcohol based hand sanitizers are typically less drying.
- After washing your hands with soap and water for at least 20 seconds, ensure your hands are completely dry afterwards.
- **While at work**, apply lotion (i.e. GoJo Provon Moisturizing Hand and Body Lotion, acquired through Cardinal) following handwashing and drying.
- **While at home**, apply thick creams (i.e. Neutrogena Norwegian Formula Hand Cream) or ointment emollients (i.e. Vaseline or Aquaphor) before and after work.
- For extra help, apply a thick layer of ointment/cream at night and wear white cotton or vinyl gloves to bed.
- Liquid bandage or skin glue can be used for painful fissures/cracks in the skin to seal while healing.

Stress and Illnesses

- Take frequent breaks out of your PPE to rest, stretch, and change body positions.
- Continue to support one another and promote teamwork within the department; use resources that are available on your shift (i.e. rover, swoop, leads, supervisors).
- Stay hydrated and consume healthy, high protein meals and snacks.
- Make your own wellness and wellbeing a priority.
- Promote self-care such as regular exercise, relaxing on your days off, do things you enjoy, get adequate sleep.
- Utilize the Employee Assistance Program (EAP) and Peers In Need of Support (PINS) Program.
- Attend resiliency training.
- Reach out to your manager/supervisor/colleagues if experiencing stress, having concerns, or needing additional support.

Please submit an Employee Safety Event (ESE) so we can track injuries and illness that are being experienced.

Reach out to Employee Health if needed (402.552.3563)