

### WHAT OTHER THINGS CAN I DO?

Topping up your hands with a moisturiser can help combat the five aggressors and keep the stratum corneum healthy, leading to moisturised healthy hands.

### WHAT IF MY SYMPTOMS DON'T CHANGE?

If your skin is still dry and irritated and you have followed the advice above for a few weeks, refer yourself to Occupational Health to discuss other possible treatments or underlying skin conditions/sensitive skin.

Remember to combat these five aggressors by regularly moisturising your hands with Trixo-lind® or Trixo-lind Pure®.

For more information please contact your local B. Braun Representative.

### Trixo® Moisturizing lotion



# B. BRAUN HELP FOR HANDS

SKIN CARE ADVICE

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<sup>1</sup> Larson EL (2001) Hygiene of the skin: When is clean too clean.  
Emerg Infect Dis 7(2):225-30

# SKIN CARE ADVICE

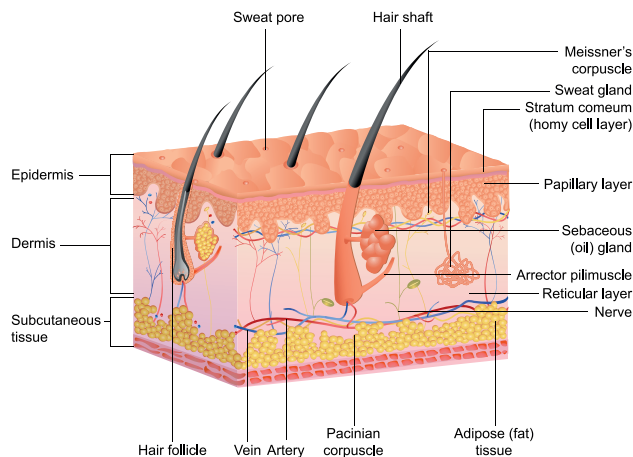
Dry hands can strike at any time of the year, however the problems are more frequent in the colder Autumn and Winter months. Skin is generally drier in Winter due to lower temperatures and low humidity levels. Excess sun, water, dry air, detergents and gloves can also lead to dry hands.

Skin care is an important component of hand hygiene and also infection control, with poor skin integrity being the biggest factor of non compliance.<sup>1</sup>

## THE SKIN

The skin is a multi function organ, which has a unique capacity to renew itself. The three main layers of the skin are divided into:

- Epidermis
- Dermis
- Hypodermis



The Epidermis is the top layer of the skin which is responsible for the barrier function. The outer layer of the epidermis is referred to as the stratum corneum.

The stratum corneum is described as the bricks and mortar of the skin. When healthy, the stratum corneum traps the moisture in between the environment and dermis.

As the stratum corneum is in constant interaction with the environment, healthy maintenance of this layer is critical.

Repeated abrasion with soaps, detergents and water can damage the stratum corneum leading to reduced barrier function and loss of moisture resulting in dry hands.

## WHAT CAN MAKE MY HANDS DRY AND HOW CAN I HELP?

Five aggressors (see right) have been identified as areas that can make your hands dry and irritated.

By following the tips you can help keep your hands in good condition and reduce the dryness and irritation.

COLD



In winter months cold and dry air means drier hands as water evaporates from the epidermis quicker. Use of a hand cream can both provide protection and help insulate the skin, locking the moisture in.

HOT



Washing with hot water can remove essential oils from the hands adding to their dryness. Reduce the temperature of the water from hot to warm to reduce the amount of moisture lost on hand washing. Combat the dryness by using Trixolind® regularly.

SOAP



Even the kindest soaps can dry hands out. Leaving excess soap on the hands through minimal rinsing can cause the hands to dry and become irritated. Increase the amount of time spent rinsing the hands to remove all soap residue.

TOWELS



Heavy abrasion against the skin can irritate and inflame dry skin. Avoid excessive rubbing of the hands with towels. Pat-dry wet hands and dry carefully between the fingers with a clean, soft paper towel.

GLOVES



Applying gloves to wet hands can irritate the skin and cause dryness. Always dry hands thoroughly before donning gloves. Check with your occupational health team if irritation continues.