

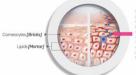
THE STRUCTURE OF THE STRATUM CORNEUM

The Stretum Comerum looks like a brick wall. The Bricks are the Composutes (rivied out skin cells that are ready to be cheft). The Mortar is the Intercellular Matrix which is composed of links. This hold wall structure makes the skin impermeable to foreign invaders, such as irritants, allergens, and microorganisms.

> Tightly packed skin cells help create the natural barrier of the skin

Damaged skin is

loosely packed and void of lipids



Once irritants or allergens penetrate the stratum corneum, they may trigger inflammation. Damaged skin can lead to hanges in the microbial flora of hands and colonization with pathogens of clinical significance in healthcare settings,12

IMPACT OF SANITIZER vs. SOAP

Using a properly formulated hand sanitizer and soap are essential for promoting the health of your skin.

do not physically remove skin lipids. These can benefit the skin.

Alcohol-based hand rubs are leave-on products and Hand washes are rinse-off products and by their very nature, can reduce the skin's oils and lipids creating pathways to deeper layers of the skin. where nerve cells are located which leads to potential nerve exposure.



Preventing the Cycle of Skin Damage

Best Practices for Skin Care



Use alcohol-based hand rubs as preferred method when hands are not visibly soiled or contaminated.



Minimize handwashing with soap and water, except when hands are visibly soiled or contaminated and when specified by your hospital policy.



Use lukewarm or cooler water (not hot), wet hands before applying soap and rinse well.



Pat hands gently when drying with a paper towel. Vigorous rubbing can irritate skin.



Do not don gloves when hands are still wet with hand sanitizer or water. This can trap moisture underneath the gloves and irritate skin.



Use a facility-approved lotion frequently during your shift. Use lotions that are compatible with the provided hand hygiene products and gloves.



Protect your skin when you're not working, too! Wear gloves in cold, dry weather, use a mild soap at home and apply a thick, high quality lotion, especially before going to sleep.



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