

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.