



Hand Care 101

Winter is especially hard on hands.

The number of causes of hand rashes is almost limitless. A few of the more common are overexposure to water, too much dry air, soaps and detergents, solvents, cleaning agents, rubber gloves, ingredients in skin and personal care products and chemicals used in the workplace. Once skin becomes red and dry, even so called "harmless" things like water and baby products can irritate skin further.

Washing hands:

Take your rings off to wash since they trap soap and moisture next to the skin. Use lukewarm water and rinse thoroughly after washing with soap. Blot your skin dry carefully. Apply a greasy moisturizer while your skin is still damp. Use simple things like plain Vaseline or un-scented Curel or Cetaphil cream or lotion.



Use soap sparingly. Since soap strips oil from your skin, use it only where it's really needed, such as in

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Shared Successes

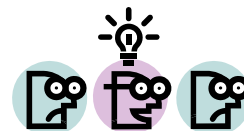
The following are interesting progress notes from SafetyTeam members' activities:

- Thank you to everyone for your assistance in a successful launch of the Holiday Decoration Safety Policy. Areas were beautifully decorated AND safe. Please help ensure all holiday decorations are removed and safely stored.



If you have any safety concerns or questions, please contact the SafetyTeam Coordinator know so she can help!

Thanks members... be safe!



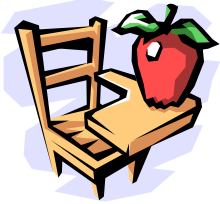
Safety Committee 2008

The Safety Committee will be working on goal and priority setting for 2008 in the January meeting. Do you have a project for the Safety Committee to consider? Let us know! Email safeteam@ohsu.edu with your comments and suggestions.



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Topic of the Month

This month's specialized training topic is titled,

"Safety Training for New Employees "

This topic is presented to stress the importance of new hire training.

Accident statistics prove that the most likely employees to get injured are "new employees," including those newly hired, temporary employees, an employee transferred into a new work area, contract employees, and recently promoted employees.

We need to watch new employees closely because:

- New hires are often younger and less experienced than more seasoned workers.
- New employees often lack the training necessary to perform all job functions safely and efficiently in new work areas.
- Sometimes employees who are not seasoned are responsible for training new employees. This is a "blind leading the blind" scenario.
- New employees trying to prove themselves will take unnecessary risks.

The following suggestions can help you ensure that new employees get the right start:

Set specific safety goals and responsibilities.

Predetermined objectives help guide safety performance and safety culture.

Use an experienced employee to mentor a new employee. Such one-on-one training can convey safety practices, procedures, and culture in a positive and correct manner. It creates a more comfortable environment for asking questions.

Review training and performance. Ensure that the new employee's training is complete and the training is understood and being applied. Getting a new employee to follow through on training is more difficult than we think.

Be sure to follow up... in person. The worst thing we can do is turn new employees loose and only give them limited amounts of "check-up time." Checking up makes an impression by letting the employee know that safety

performance counts, and that OHSU really cares about safety.

Encourage participation in whatever safety

activities are going on. This allows an opportunity to see that "safety in action" is important. Knowing that there are checks and balances in safety will reinforce good safety practices.

Don't assume anything. Repeatedly, this is the cause of accidents. Allow time for new employees to demonstrate the skills that have been trained. Don't expect one-time training and demonstration to be good enough.



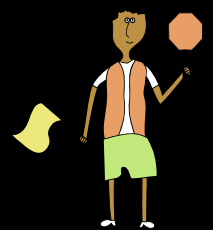
Lead by example. What you do in your everyday work routine may be the best training picture a new employee sees. Don't let a new employee think anything except that safety is everyone's business.

If you are a supervisor, you'll probably have to cover the following issues:

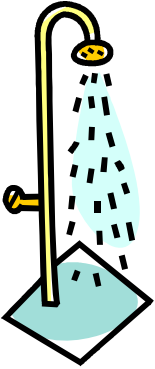
- Proper safety practices to use and hazards to be aware of within your department.
- What to do if there is an accident or injury.
- How to respond to emergencies.
- How to care for and use personal protective equipment (e.g.: gloves, eye protection).
- How to use tools, machinery, or work safely during hazardous processes.
- Housekeeping and personal cleanup rules.
- The location of emergency equipment and first-aid supplies.

Remember, supervisors also benefit from good orientation and safety programs. These can help keep employee morale high and reduce accident and employee turnover rates!

Questions?
Need Training?
Call Environmental Health
& Radiation Safety at
503 494 - 7795



skin-fold areas. Avoid detergents, perfumed soaps, harsh soaps and deodorant soaps, which can be extra drying. Instead, you might want to try soap substitutes or soaps that contain moisturizers (e.g. Oil of Olay, Cetaphil, Neutrogena, Basis).

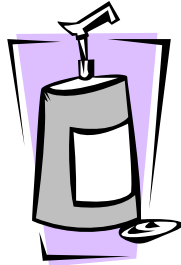


Cetaphil or Aquanil can be used for skin cleansing instead of water whenever possible.

Short warm showers are better for your skin than hot baths. Be sure to gently pat your skin dry and apply moisturizer in the bathroom while your skin is still moist.

Lotions and moisturizers:

Apply a moisturizer liberally after each hand washing, immediately after bathing and after removing gloves. The rule of thumb for moisturizers is: the greasier, the better and the fewer ingredients, the better. Ointments like white petroleum jelly work best. Lotions, which contain mostly water, are the least effective as moisturizers. If the lotion "rubs right in" it is probably mostly water and can be drying. A greasy ointment like white petrolatum jelly (e.g. Vaseline) applied to hands and covered with cotton gloves at night can really help.



Gloves:

Plastic or vinyl is better than latex and powder free is much better than powdered when choosing gloves for people with sensitive hands. Wear them at home too -- for tasks such as dishes, folding laundry (the fabric soaks the moisture out of your hands), peeling vegetables or for handling citrus fruits or tomatoes. Keep several pairs of gloves at home in the kitchen, bathroom, laundry area, etc. Use gloves for non-wet housework and gardening too. Always replace gloves that develop holes. Dry gloves out between uses and change them if they become wet on the inside or wear them with a thin pair of cotton gloves under them to absorb moisture. Don't forget to moisturize after removing gloves.

Turn cotton lined household-type gloves inside out and rinse them under running hot water two or three times a week.

Use of cotton gloves underneath plastic household gloves is highly recommended. Cotton gloves can be worn without plastic gloves all day to protect hands from irritation. These cotton gloves should be washed frequently.

Miscellaneous:

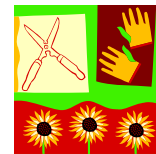
Protect your hands from the cold dry air. Wear gloves or at least keep your hands in your pockets to prevent exposure to the cold and wind.



Don't wear your rings to do house work, etc. Clean your rings frequently.

Do not peel or press oranges, lemons, grapefruits, tomatoes or onions with the bare hands.

Avoid contact with solvents and stain removers as well as cleaning products for metals, glass, floors, cars and furniture.



Wear gloves to garden.

Don't pick at any loose ends of skin. These loose ends are best clipped off with a small nail clipper or scissor.

If dry skin doesn't respond to self-care measures, discussing other treatments with your doctor is always an option.



If you feel your hand problems are work related, please call Environmental Health & Radiation Safety at **503.494.7795** or Employee Health at **503.494.5271**.

Information provided by OHSU Employee Health

