

Frequent hand washing and glove use can irritate your skin.

## How to keep your hands healthy



Protect your hands against the cold

Don't wear rings

Change gloves often

Wear protective gloves when using cleaning products



Choose hand sanitizers when possible

Use a mild soap and lukewarm water if hands are soiled

Dry your hands completely



Choose fragrance-free moisturizers

Apply often

**SEEK CARE IF YOUR SKIN GETS WORSE**



Centre for  
Research Expertise  
in Occupational Disease