

# Fact sheet Hand Protection and Care

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Our hands need special preventive protection and care to keep them healthy. The skin acts as a protective barrier and regenerates itself. External influences like water, cold, contaminants and mechanical stress can overload the regeneration mechanisms. The skin dries out and fulfills the protective function only insufficiently. The result is dry, chapped and/or cracked skin on your hands. In extreme cases, this can lead to incapacity for work. The best way to prevent an occupational skin disorder is by adopting the right skin care regime, by properly applied measures to clean, protect and care for the hands.

Source: iStock

Working in the laboratory and workshop puts a lot of strain on your hands. The following causes can be distinguished (Examples):

Humid environment	Chemicals / biohazard	Mechanical stress
<ul style="list-style-type: none"> <li>• Repeated contact of the hands with water, washing hands</li> <li>• Extended use of moistureproof gloves (sweat)</li> <li>• Jobs with wet work (cleaning, garden, laboratory)</li> </ul>	<ul style="list-style-type: none"> <li>• Application of disinfectants</li> <li>• Damage caused by bases and acids</li> <li>• Degreasing substances such as soaps, alcohol and detergents</li> <li>• Cooling lubricants</li> <li>• Toxic and / or allergenic substances</li> <li>• Pathogens</li> </ul>	<ul style="list-style-type: none"> <li>• Rough or sharp edges materials</li> <li>• Earth, gravel, sand</li> <li>• Sandsoap</li> <li>• Paper, cardboard</li> <li>• Cold or heat</li> </ul>

## Measures for the protection and care of hands

Suitable protective gloves must be worn. [\(See PSE gloves\)](#).

Skin protection cream	Skin care
<ul style="list-style-type: none"><li>• Apply 3 to 5 times daily before and during work.</li><li>• Do not forget fingertips and spaces between fingers.</li><li>• Apply before putting on protective gloves.</li></ul>	<ul style="list-style-type: none"><li>• Daily after work.</li><li>• Before lunch break.</li></ul>
<ul style="list-style-type: none"><li>• We recommend <b>“Stokoderm® aqua PURE”</b> (item number 4016208246627), available via the ETHIS procurement platform “Conrad” as of February 2023.</li></ul>	<ul style="list-style-type: none"><li>• We recommend <b>“Stokolan® Sensitive PURE”</b> (item number 4016208854549), available via the ETHIS procurement platform “Conrad” as of February 2023.</li></ul>

The products recommended in the table above are also suitable for sensitive skin and for people with allergies. When choosing products individually, pay attention to creams free of perfumes and dyes.

Laminated skin protection plans can be hung up at frequently used washbasins in the laboratory and workshop, providing information on the correct use of skin protection creams, skin-friendly cleaning and disinfection, and the final application of skin care creams at the end of work. Examples of skin protection plans in the workshop and laboratory, which you can print out and laminate, can be found under the following [Link](#).

If you have any questions about skin protection and skin care or to ask for an individual skin protection plan, please get in touch with us.

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