Do you know the signs of dermatitis of the hands? Look out for **dryness**, **itching** and **redness** which can lead to **cracking**, **blistering**, **flaky** and **scaly** skin.

Protect your hands by regularly applying hand moisturiser after handwashing and at the end of each work period. Always wet hands ahead of applying soap, as this is a common problem with drying of nurses’ skin.

Under health and safety law, your employer should have a programme of skin checks in place for nursing staff exposed to the risk of work related dermatitis.

Report any problems to your manager or occupational health provider.

Who to speak to about work-related skin problems:

www.rcn.org.uk/glove-aware