

Preventing Contact Dermatitis in Hairdressers

Local Authorities, HSE and Industry Working Together

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Dermatitis in hairdressing

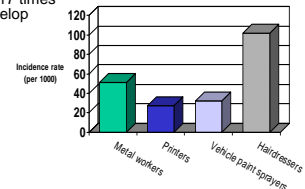
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- Contact dermatitis is extremely common
- At least 70% hairdressers suffer some form of skin damage*
- Dermatologists suggest that between 42-57% develop dermatitis*
- Hairdressers are 17 times more likely to develop dermatitis†



*J.S. English, 2004
† Epidemiol. 2004

What is contact dermatitis?

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- Inflamed skin that leads to:
 - Dryness
 - Redness
 - Itching
 - Scaling/Flaking
 - Cracking/Blistering
 - Pain



Contact Dermatitis

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- Contact dermatitis cannot be passed from one person to another
- You may not have it now but that doesn't mean you will never develop it
- Contact dermatitis can be caused and made worse within the workplace
- Often starts on the hands and can spread to other parts of the body

Types of contact dermatitis

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- Irritant Contact Dermatitis
 - Single heavy dose or prolonged exposure
- Allergic Contact Dermatitis
 - Repeated exposure, sensitisation

What causes dermatitis?

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- Immersion
 - washing/shampooing hair with bare hands
- Direct handling
 - handling equipment soaked in chemicals
- Contaminated surfaces
 - clothing/tools/containers
- Splashing
 - mixing/handling chemicals
- Depositing
 - aerosols/dust



What is wet work?



- Wet work means having your hands frequently in contact with water. As a guide:
 - 10 or more clients per day
 - More than 2 hours contact with water per day
 - Tasks such as cleaning surfaces or tools on a daily basis



How to prevent contact dermatitis?



- **A**void contact
- **P**rotect skin
- **C**heck for early signs of dermatitis



Avoid skin contact



- **N**o Contact – No Dermatitis
 - Make people aware of dermatitis and its causes
 - Identify the substances and activities presenting a risk
 - Train your team in the steps they need to take to protect themselves
 - Promptly remove products from skin following any accidental exposure
 - Good housekeeping particularly when spillages occur to prevent subsequent contamination
 - Job rotation to limit the amount of time doing wet work



Protect the Skin



Protect the Skin



- Whenever hands are wet, dry them thoroughly afterwards with a soft cotton or paper towel
- Use moisturising creams after each hand wash
 - Ensure all parts of hands are covered
 - Barrier creams are ineffective
 - <http://www.hse.gov.uk/skin/posters/skinmethod.pdf>



Check the Skin







- Check for early signs of dermatitis
- Who checks
 - Employee
 - Responsible person
- What next
 - Investigation
 - Follow up
 - Reporting
 - Take action







➤ <http://www.hse.gov.uk/skin/posters/skindermatitis.pdf>



Miriam - A hairdresser's tale

Where to get more information & help





- Ask your local Environmental Health Inspector
- Ask your Trade Association or Industry Body
 - National Hairdressers' Federation (NHF)
 - www.nhf.biz (0845 345 6500)
 - Habia
 - www.habia.org
 - wendy.nixon@habia.org (01302 774935)
- Health & Safety Executive Infoline
 - 0845 345 0055










A range of information is also available

- Skin at work website:
 - www.hse.gov.uk/skin
- COSHH essential guidance:
 - www.hse.gov.uk/coshh
- Habia website
 - www.habia.org
- NHF website
 - www.nhf.biz

You can prevent contact dermatitis

- Remember...
- **A**void contact
- **P**rotect skin
- **C**heck for early signs of dermatitis

Preventing Contact Dermatitis
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End

