DERMATITIS AND ECZEMA
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Dermatitis and eczema are debilitating, painful diseases. Those affected need time off work to allow their skin to heal after every bout. Dermatitis caused by work activities is known as Work Related Dermatitis, WRD.

WRD is one of the major occupational skin diseases, caused by a person coming into contact with a hazardous agent(s), sensitisers or substances that de-fat the skin. The terms dermatitis and eczema are often used interchangeably but are caused by different reasons: Dermatitis: an inflammatory condition of the skin caused by outside agents - Often resulting in irritation, redness, cracking and blistering; Eczema: a common itchy skin disease characterised by reddening and blister formation, which may lead to weeping and crusting - Outside agents do not usually play a primary role. Eczema is due to ones’ genetic make-up.

The treatment for both conditions may therefore be different.WRD is caused by the skin coming into contact with: chemicals; (e.g. wet cement); frequent contact with water for long periods of time; biological agents (e.g. plants); physical agents (e.g. vibration); and mechanical abrasion (e.g. abrasive substances). It can occur in two different forms: Irritant Contact Dermatitis (ICD) and Allergic Contact Dermatitis (ACD).

ICD - a local inflammation of the skin. It can develop after a short heavy single exposure (acute) or be due to repeated and prolonged exposure (chronic) to hazardous agents, including chemicals. In some cases, more than one agent will be involved, e.g. water and detergents. Once the exposure is controlled and the skin allowed to heal the dermatitis should not recur.

ACD - develops in stages. The reaction begins with a process called sensitisation. Sensitisation starts when an allergic substance (e.g. chromium in cement) penetrates the skin. The process can last from days to weeks. When a sensitised person is re-exposed to the substance it will trigger an allergic reaction causing itching, pain, redness, swelling and blisters on the skin. Once sensitised, the allergic reaction is likely to remain with the individual for life. The severity of the reaction may increase with decreasing amounts of the allergic substance which may require people to change occupation if too severe. If further contact is prevented, the level of sensitivity may gradually decline.

Practical action is the key to preventing WRD:
Find out the H&S hazards associated with each of the substance/product used in the Club. Identify whether these carry warnings signs/hazard information. You can find this information on product labels and/or in Safety Data Sheets. Frequent contact with water (wet working) is a major cause, also some substances (e.g. oil water emulsions) may be generated during work and can cause WRD.

• Introduce control actions to reduce contact between the substances and those using them. These can range from stopping using the substance to the last resort of protective clothing (PPE).
• Selecting gloves is a complicated process. Seek the help of a reputable PPE supplier.
• Make sure employees: are instructed in safe working practices; use controls provided; are trained to correctly use equipment/the use of protective equipment.
• Employees should know how to check their skin for signs of dermatitis and understand the benefits and limitations of skin care creams.