



Prevention & Treatment Recommendations Personal Protective Equipment (PPE) Skin Injury

At Home: Hands & Face - Prevention and Treatment Options

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| Prevention/Treatment of Moisture Associated Skin Damage (MASD): moisturizer or barrier cream with dimethicone, silicone (e.g. Hydraguard), ceramides (CeraVe) or ointment with petrolatum (e.g. Vaseline) | Treatment of acne breakouts: wash face well with mild soap (Dove, Ivory), pat skin dry. If using an acne treatment, apply and allow to dry. Do not apply make-up over affected areas. |
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At Work: Hands - Prevention and Treatment Options

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| Concern: Moisture Associated Skin Damage (MASD) Goal: Prevention <ul style="list-style-type: none"> Regular, frequent moisturizing Ensure hands are <u>dry</u> prior to donning gloves Avoid jewelry & wrist watches | Prevention for Intact Skin: <ol style="list-style-type: none"> 1. Deb Moisturizer 2. Remedy Nourishing Cream (moisturizer) | Treatment: Irritated Skin CeraVe (lotion or moisturizer) if available Fissures/Cracks S&N No-Sting Skin Prep (barrier film) |
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At Work: Face - Prevention and Treatment Options

Concern: a pressure injury with/without MASD.
Goal: minimize the friction, pressure and the moisture (sweat) as much as possible. Follow HA policy regarding when to remove PPE during your shift:

- Remove PPE. After proper hand washing, face/necks should be gently cleansed using soap and water. Do not rub areas.
- Inspect pressure areas (nose, cheekbones, ears & forehead) for injury:
 - Intact skin: Pat skin dry and then apply moisturizer or barrier, allow to absorb/dry.
 - Non-intact skin: Pat intact skin dry, do not apply moisturizer.

| Tissue Damage | Surgical Masks, Face Shields, Goggles | N95 Mask |
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| Level One/Prevention <ul style="list-style-type: none"> For prevention of Moisture Associated Skin Damage (MASD) | Escalate PRN: <ol style="list-style-type: none"> 1. Deb Moisturizer 2. Remedy Nourishing Cream (moisturizer) 3. CeraVe Moisturizing Cream if available 4. S&N No-Sting Skin Prep (barrier film) Allow time for the product to dry before donning PPE | Mask should only be worn during AGMP times; wearing during non-AGMP times ↑ risk of skin damage. Escalate PRN: <ol style="list-style-type: none"> 1. Deb Moisturizer 2. Remedy Nourishing Cream (moisturizer) 3. CeraVe Moisturizing Cream if available 4. S&N No-Sting Skin Prep (barrier film) Allow time for the product to dry before donning PPE and ensure the mask fits properly. |
| Level Two/Treatment <ul style="list-style-type: none"> Stage 1 Pressure Injury (intact, non-blanchable) MASD mild | Escalate PRN: <ol style="list-style-type: none"> 1. If the above Prevention options were not used; then choose one of them 2. S&N No-Sting Skin Prep with Tegaderm Transparent Film (not IV version): nil - scant exudate 3. Duoderm Extra Thin (hydrocolloid): nil - scant exudate | Dressings are not to be used with N95 Masks. |
| Level Three/Treatment <ul style="list-style-type: none"> Stage 2 Pressure Injury (open wound) MASD moderate/severe | <ol style="list-style-type: none"> 1. Mepilex Lite (non-border) or 2. Mepilex (non-border) | |

Tips for Application of Dressings

Choose the most appropriate for your PPE

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| Forehead Cheeks, Bridge of Nose Cheeks/Ears |  | Surgical Mask, Face Shield, Goggles  |
| | | Duoderm Extra-Thin Mepilex Non-Border |

- Duoderm, Transparent Film or Mepilex can be cut into the same shapes as above
- Secure Mepilex Lite Non-Border or Mepilex Non-Border with paper or silicone tape
- If dressing is needed, leave in place for as long as possible. Use these dressings sparingly. Store remaining pieces for future use.

Report a workplace injury, exposure or incident by calling 1-866-922-9464 option 2

| Products | Ordering Number | Comments |
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| Remedy Nourishing Cream 59 ml | 0106433 | In Warehouse |
| Remedy Nourishing Cream 118ml | 0106433 | In Warehouse |
| Remedy Nourishing Cream 946ml | 0113719 | In Warehouse |
| CeraVe Moisturing Cream 57g | ----- | Special Order |
| CeraVe Moisturing Lotion 355ml | ----- | Special Order |
| No-Sting Skin Prep 1ml wipe | 0059401 | In Warehouse |
| Duoderm Extra Thin 10 x 10cm | 0059514 | In Warehouse |
| Duoderm Extra Thin 5 x 20cm | 0000691 | In Warehouse |
| Tegaderm Film Roll (non-sterile) 5cm x 10m | 0041947 | In Warehouse |
| Tegaderm Film Dressing 6x7cm | 0003463 | In Warehouse |
| Tegaderm Film Dressing 10 x 20cm | 0016505 | In Warehouse |
| Mepilex Lite Non-Bordered 10 x 10 cm | 0081674 | In Warehouse |
| Mepilex Non-Bordered 10 x 10 cm | 0067312 | In Warehouse |

Please see the [Connecting Learners with Knowledge: Skin & Wound/Product Information Sheets \(clwk.ca\)](#) for product use instructions