Best Practices

Protecting skin means more than wearing gloves. These best protective practices are recommended by experts. Maybe you can't do all these practices. But you should do as many as possible, starting with the easiest ones.

Wash with pH-neutral or slightly acidic soap. Your pharmacist can recommend one. This helps normalize your skin's pH.

Wash before putting on gloves and each time you remove them.

Consider trying a spray-on buffer or neutralizer.

Don't wear jewelry at work. It can trap cement against your skin.

Change out of work clothes at work. Take work clothes home in a separate container, like a trash bag.

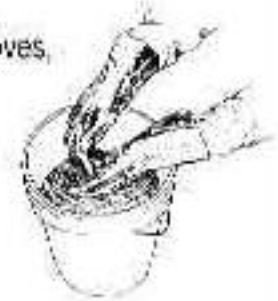
Launder work clothes separately to protect your family or your roommates.

Avoid lanolin, petroleum jelly, and other skin softening products at work. These substances can seal cement residue against your skin. These products should be applied only to clean skin in clean environments.

See a doctor for any persistent skin problem, even a minor one. In chrome-allergy dermatitis, early diagnosis and treatment makes the difference in preventing chronic disease. Tell the doctor you work with cement.

Choose the right gloves. Butyl gloves or cotton gloves dipped in butyl rubber coating may provide the best protection. Clean gloves daily. When gloves become grossly contaminated, throw them away and get new ones.

HOW TO REMOVE GLOVES



Before removing gloves, always clean off the outsides.

Follow the manufacturer's instructions.

To remove gloves, loosen them on both hands.

Remove the first glove only to the fingers. The cuff will remain over the palm.

Now, grabbing the second glove with the first, remove the second glove.

Try to handle gloves by the insides only.

Don't touch the outsides.

Keep gloves in a bag until the next use.