

| Important – our tips                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
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| <b>Skin protection</b><br>   | Use skin protection creams suitable for prevention before activities that are harmful for the skin and after washing your hands during the working hours. These products support the barrier function of your skin.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Select products without aromas and if possible without preserving agents. These additives can irritate your skin and cause allergies. The skin protection cream must be suitable for the intended activity (e.g. suitable for use with foods).                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Protective gloves</b><br> | <p>Wear chemical-resistant protective gloves with moist cleaning and disinfection works. The agents used for this can irritate the skin and lead to allergies. Disposable gloves here at the most offer a very short-term protection. You can recognise chemical-resistant protective gloves by the labelling with beaker glass or Erlenmeyer flask.</p> <p>Wear disposable gloves suitable for foods when handling skin-irritating or contaminating foods. With these you can prevent skin inflammations and contaminations.</p> <p>Use unpowdered gloves; they are generally more tolerable for the skin. Due to the high allergy hazard powdered latex gloves are prohibited.</p> <p>Disinfect the hands after removing the protective gloves if contact with pathogens may have been possible during work (e.g. cleaning of working surfaces after contact with poultry meat). When removing the gloves microbes can come into contact with your skin.</p> | <p>Only wear gloves as often and as long as necessary. Moisture can develop under the gloves, the horny layer swells and the skin barrier becomes more permeable for the penetration of harmful substances.</p> <p>If possible, wear cotton gloves under the upper gloves if longer wearing times are foreseeable. Through this you can counteract the accumulation of moisture. Change the cotton gloves when they become moist.</p> <p>With direct contact with prepared foods use forceps, forks or other aids and appliances instead of gloves. Through this you can decrease the glove wearing times.</p> |
| <b>Wash hands</b><br>      | <p>Only wash the hands when starting work, after using the toilet and with perceivable contamination. Frequent washing makes the corneal layer swell, whereby skin fats and moisturising factors are lost, the skin dries out.</p> <p>Carefully dry your hands after washing with soft disposable towels. Especially dry between the fingers.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <p>During work do not wear any jewellery on the hands and lower arms. The wearing of jewellery increases the accident hazard, through the accumulation of moisture skin diseases may develop and hygienic cleaning of the hands is not possible.</p> <p>Use a pH skin neutral washing lotion (pH 5.5). It maintains the natural pH value of the skin.</p>                                                                                                                                                                                                                                                      |
| <b>Disinfect hands</b><br> | Disinfect your hands with an effective and tested alcoholic hand disinfection agent suitable for foods from the VAH list (VAH = Verbund für Angewandte Hygiene (Association for applied hygiene)). Do not use any mixed preparations from washing lotion and disinfection agent. These lead to irritations and severely dry out the skin. The sole hand disinfection is more skin protective than hand washing.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <p>Use the hand disinfection agent on dry hands. You only achieve an effective disinfection if you rub a sufficient amount (a hollow handful) over all areas of the dry skin and keep them moist with it for the duration of the specified dwell time.</p> <p>Wash protein residues on the hands off before the disinfection. The efficacy of the hand disinfection agent otherwise becomes impaired.</p>                                                                                                                                                                                                      |
| <b>Care for hands</b><br>  | Use skin care creams before longer breaks, after the end of work and during the leisure time. You thereby help your skin to regenerate.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Select products without scents and if possible without preserving agents. These additives can irritate your skin and cause allergies.                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |



# Skin protection and hand hygiene plan

# Skin protection and hand hygiene plan

| What                                                                                                                       | When                                                                                                                                                                                                                                                                                                                    | How                                                                                                                                                                                                                                                                                                                            | With what                   | Who                                                                                                                    |                                      |
|----------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|------------------------------------------------------------------------------------------------------------------------|--------------------------------------|
| <div>Skin protection</div> <div></div>    | <b>before</b><br>skin-damaging activity, if applicable several times a day, e.g. after breaks                                                                                                                                                                                                                           | <ul style="list-style-type: none"><li>• apply cream on the back of the hands</li><li>• carefully rub in (do not forget between the fingers, nail beds, wrists)</li><li>• always on dry and clean skin</li><li>• allow to penetrate for some minutes</li></ul>                                                                  | Product name<br><div></div> | <ul style="list-style-type: none"><li>• according to risk assessment, e.g. cooks, bakers, cleaning personnel</li></ul> | <div>Signature</div> <div>Date</div> |
| <div>Protective gloves</div> <div></div> | <b>with</b><br>skin-damaging activity e.g. handling of aggressive cleaning agents                                                                                                                                                                                                                                       | <ul style="list-style-type: none"><li>• only wear on dry, clean hands</li><li>• fold over cuffs</li><li>• if applicable use cotton under gloves</li></ul>                                                                                                                                                                      | Product name<br><div></div> | <ul style="list-style-type: none"><li>• according to risk assessment, e.g. cleaning personnel</li></ul>                |                                      |
| <div>Wash hands</div> <div></div>       | <ul style="list-style-type: none"><li>• before starting work</li><li>• with perceivable contamination</li><li>• after using the toilet</li></ul>                                                                                                                                                                        | <ul style="list-style-type: none"><li>• wet hands</li><li>• apply dosed hand cleaning agent</li><li>• foam up with lukewarm water and wash off</li><li>• immediately dry hands well</li></ul>                                                                                                                                  | Product name<br><div></div> | <ul style="list-style-type: none"><li>• according to risk assessment, respectively according to HACCP</li></ul>        |                                      |
| <div>Disinfect hands</div> <div></div>  | <ul style="list-style-type: none"><li>• if necessary due to hygienic reasons, e.g. after every visit to the toilet, after working with problematic raw goods such as fish, eggs, poultry</li><li>• if the hands are not perceivably contaminated but need to be hygienically cleaned, e.g. change of activity</li></ul> | <ul style="list-style-type: none"><li>• rub approximately <div></div> ml hand disinfectant agent for <div></div> seconds (according to specification of the manufacturer) into the dry hands</li><li>• Include problem zones (between the fingers, side edges of the fingers, nail beds, fingertips, thumbs, wrists)</li></ul> | Product name<br><div></div> | <ul style="list-style-type: none"><li>• according to HACCP, e.g. cooks</li></ul>                                       |                                      |
| <div>Care for hands</div> <div></div>   | <ul style="list-style-type: none"><li>• after work</li><li>• before longer break</li></ul>                                                                                                                                                                                                                              | <ul style="list-style-type: none"><li>• apply cream on the back of the hands</li><li>• carefully rub in</li><li>• always on dry and clean skin</li></ul>                                                                                                                                                                       | Product name<br><div></div> | <ul style="list-style-type: none"><li>• according to risk assessment, e.g. with work involving moisture</li></ul>      |                                      |