



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

At Home: Hands & Face - Prevention and Treatment Options

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.

At Work: Hands - Prevention and Treatment Options

Concern: Moisture Associated Skin Damage (MASD)
Goal: Prevention

- Regular, frequent moisturizing
- Ensure hands are dry prior to donning gloves
- Avoid jewelry & wrist watches

Prevention for Intact Skin:

- Deb Moisturizer
- Remedy Nourishing Cream (moisturizer)

Treatment:
Irritated Skin
CeraVe (lotion or moisturizer) if available
Fissures/Cracks
S&N No-Sting Skin Prep (barrier film)

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/neck 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
Level One/Prevention <ul style="list-style-type: none"> For prevention of Moisture Associated Skin Damage (MASD) 	Escalate PRN: 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: 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. Dressings are not to be used with N95 Masks.
Level Two/Treatment <ul style="list-style-type: none"> Stage 1 Pressure Injury (intact, non-blanchable) MASD mild 	Escalate PRN: 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	
Level Three/Treatment <ul style="list-style-type: none"> Stage 2 Pressure Injury (open wound) MASD moderate/severe 	1. Mepilex Lite (non-border) or 2. Mepilex (non-border)	

Tips for Application of Dressings

Choose the most appropriate for your PPE

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

- 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.

IF none of the above works, then please contact OH&S at workplacehealthandsafety@northernhealth.ca

Products	Ordering Number	Comments
Remedy Nourishing Cream 59 ml	5803707	Available at some sites; Also in warehouse
Remedy Nourishing Cream 118ml	5803708	Available at most sites; Also in warehouse
Remedy Nourishing Cream 946ml	5008093	Available to order
No-Sting Skin Prep 1ml wipe	5410717	Available at most sites; Also in warehouse
Duoderm Extra Thin 10 x 10cm	5411261	Available at some sites; Also in warehouse
Duoderm Extra Thin 5 x 20cm	5012112	Available to order
Tegaderm Film Dressing 6 x7cm	5370155	Available at most sites; Also in warehouse
Tegaderm Film Dressing 10 x 12 cm	5370171	Available at most sites; Also in warehouse
Tegaderm Film Dressing 10 x 25 cm	5370143	Available at most sites; Also in warehouse
Mepilex Lite Non-Bordered 10 x 10 cm	5410014	Available at some sites; Also in warehouse
Mepilex Non-Bordered 10 x 10 cm	5410738	Available at some sites; Also in warehouse

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