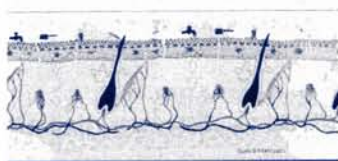


## SKIN CARE

### Controlling Skin Exposure to Chemicals and Wet-Work A practical book

Rajadurai Sithamparanadarajah OBE



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**C**opiously illustrated and carefully furnished with informative appendices, this impressive and purposefully practical volume offers a wide source of essential guidance for the treatment and care of skin exposed to chemicals and wet-work in the workplace.

It is aimed at health and safety managers and officers, safety representatives, occupational hygienists, occupational nurses and occupational health medical advisers.

Medical and nursing students, first aiders, chemical laboratory supervisors and naval personnel in difficult locations will also benefit and learn from it.

In addition, legal advisers on occupational health and safety will find it useful for quick reference and further guidance.

The author Dr Rajadurai Sithamparanadarajah (Bob Rajan) is an HM principal inspector of health and safety, currently leading the HSE's technical policy issues on skin exposure to chemicals and for developing practical steps for dermal exposure control. He is widely qualified and engaged in research programmes, including dermal exposure control, 'glove selector' approaches, preventing work-related dermatitis. He is a frequent writer, speaker and editor for the principal research and development bodies in these fields and has led or been involved in a substantial number of European and international projects on controlling exposure to chemicals at work.

A Foreword by Dr John W Cherrie, president of the British Occupational Hygiene Society (BOHS) comments on the increased research into and understanding of how our skin becomes contaminated and what strategies can be used to control these exposures. He traces the role of the Health and Safety

Executive in addressing this issue, and the success of the BOHS skin campaign led by Bob Rajan. He describes how the subsequent expansion of the breadth and depth of the material available led to the production of this practical book dealing with control of dermal exposure, an introduction to the structure and functions of the skin, regulatory requirements related to dermal exposure at work, exposure and risk assessment, and risk management strategies.

The author's Introduction contains recent US and UK statistics relating to the consequences of failure to control sufficiently the dermal exposure to hazardous agents. He attempts to clarify the present situation and changing attitudes. He comments that because the consequences of a failure to control dermal exposure to hazardous substances may not become apparent until years after exposure, employers can be ignorant of the exposure.

Bob Rajan states that his aim with this book was to present an easy read but in case of difficulty he has suggested a simple approach for first time readers to get the most out of this text, as quickly and enjoyably as possible.

Skilfully edited by another HM principal specialist inspector (occupational hygiene), Paul G Evans, the A4 softback is arranged in four parts, with a wealth of excellent but generally small, coloured illustrations. There are numerous photographs, drawings and paintings, tables and figures...in fact everything to make reading and revising easy and memorable.

The text and presentation are clear and concise but titles and captions of the smaller illustrations are uncomfortably small for reading and study.

**Part 1: Human skin and the effects of chemicals** – contains four chapters: Human skin; Protective functions of human skin; Diseases caused by dermal exposure to chemicals; Occupations, chemicals and diseases.

**Part 2: Dermal exposure to chemicals and the law** – one chapter: Dermal Exposure Control and Regulatory Requirements.

**Part 3: Dermal exposure hazard and risk identification** – three chapters: Dermal exposure pathways; Dermal hazard identification methods; Dermal exposure and surface contamination monitoring.

**Part 4: Dermal exposure risk management** – six chapters: Dermal exposure risk management; Avoiding contact with the skin; Protecting the skin with PPE; Personal hygiene and skin protection; Checking for early signs of disease; Benefits realisation.

Appendices: 1. Glossary of terms; 2. Figure

and Tables list; 3. Principles of sensible risk management. Index

A back-page cover summary gives a helpful list of the key issues covered in this publication.

### Controlling skin exposure to chemicals and wet-work.

**A practical book.** Rajadurai Sithamparanadarajah (Bob Rajan) OBE. RMS Publishing Ltd in association with The British Occupational Hygiene Society. ISBN 978 1 906674 00 7. £19.95 (SB). [www.rmspublishing.co.uk/BOHS.html](http://www.rmspublishing.co.uk/BOHS.html)

## REMOTE WORKING

**T**his remarkably lucid and practical book is at once a timely and essential primer, guide and reference for all who operate in remote work environments, whatever their role.

The author's introduction makes a number of important points:

- remote workers existed and functioned long before the Internet was born, as gypsies, tinkers, travelling salesmen and all subsequent professionals whose work involves frequent and essential travel;
- despite advances in mobile equipment, remote workers face constant new challenges in travelling;
- new advances in technology now make it easier to work from almost anywhere in the world but...management becomes more detailed and specific, needing clear ground rules and positive guidelines to achieve and maintain success in whatever the remote environment.

This book is aimed at providing remote workers with the understanding and ability to manage properly and use the ever advancing technologies, to make decisions about how and where they work and what equipment is best suited to fulfil their job functions.

The author notes that many other books and resources related to the subject of remote work are prepared from an academic perspective and fail to cover fully or specifically essential topics. These include: how to use the relevant technology; the potential role of management in successfully overseeing remote workers and the technology they require; issues such as communication methods or security – covered too briefly or in a too highly technical perspective or for a non-professional home user.

Consequently the book employs ordinary