



Skin

- ✓ our largest organ,
- ✓ fingerprints make it unique,
- ✓ consists of glands, vessels and nerves,
- ✓ recipient of environmental information,
- ✓ protects from heat and cold,
- ✓ regulates body temperature by sweating, and secretes toxins,
- ✓ protects from chemical, biological, physical or mechanical harmful impacts,
- ✓ it is strong and endurant, yet very sensitive.

1 cm² of skin
 6.000.000 cells
 5000 sensory bodies
 1m blood vessels
 100 sweat glands
 15 sebaceous glands



WEAR HAND PROTECTION

Choose proper size of gloves

Choose gloves that suit your expected tasks - pictogrammes from the table below will help you do it

Never use damaged gloves



TAKE CARE OF YOUR HANDS' SKIN

Skin protection before work

Washing hands after work

Skin care after washing



Apply protective cream on the clean skin before work.



After work:
 • use cleanser,
 • gently rub in,
 • rinse with water thoroughly
 • dry your hands.



After washing and drying your hands:
 • apply nourishing cream,
 • gently rub in the cream.

Pictograms for protective gloves

	Mechanical hazard		Cold hazard
	Impact cut		Heat and flame
	Ionizing radiations		Radioactive contamination
	Hand held chain saw		Chemical hazards
	Heat and fire hazards for firefighters		Chemical hazards
	Information		Microorganisms hazards

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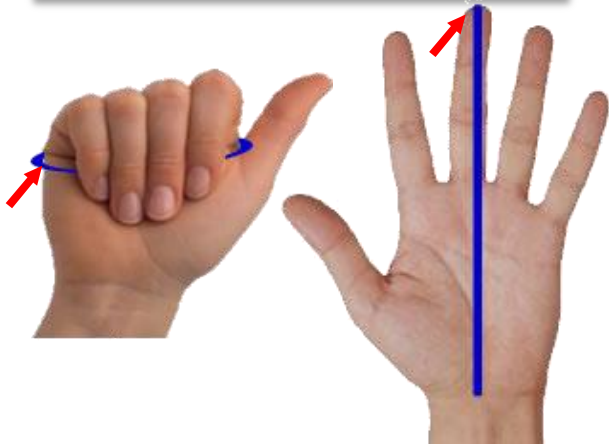
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Determining size of protective gloves

The right size of a protective glove is determined by measuring the bended fist circumference and the palm length, as shown on the pictures.



Size of protective gloves

Glove size	Bended fist circumference [mm]	Palm length [mm]
6	152	160
7	178	171
8	203	182
9	229	192
10	254	204
11	279	215

For determining the size of protective gloves you need, try this quick and simple way. Lean your palm against the hand layout on this flyer and determine the right size of your glove.

