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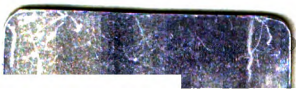
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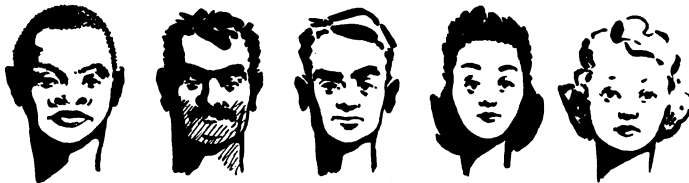
**Joe Johnson Stayed Home on His Wedding Day.** He wished he had worn armor plate to work because the skin trouble he picked up on the job had him down. The week Joe had planned for his honeymoon he spent getting skin treatments. ("Spent" is right, because those treatments hit his pocketbook where it hurt.)

*Joe's skin was not extra-sensitive.* His job was running a lathe. He kept his tools clean, but he was careless about wiping cutting oil splashes off his arms and face with a waste-rag. He never bothered to wash up properly and pooh-poohed fellows who took daily showers right after work.



**Elastic Armor Plate** is your skin's job—against dirt, chemicals, germs—because you are being bombarded by all three of these skin trouble makers. Take Joe Johnson: the cutting oil on his arms and face was full of pinhead-size filings. Every time he rubbed that oil off, he was needling his skin. His pores got plugged with dried oil and sweat because he didn't take a shower right after work. The results were A-B-C. (A) His skin got rough, chapped, dirt-clogged. (B) His skin broke out with acne, pimples. (C) His irritated skin got so "rubbed the wrong way" that it kicked—got so painful Joe couldn't work, let alone get married.

**Skins are Different.** Color is the plainest dif-



ference, but there are others. If your job exposes you to dust and gases, a dry skin may help you. A naturally oily skin is better protection on a job handling liquids.

If you work much with oil, you are better off with thin, smooth skin which "sheds" the oil, rather than thick, hairy skin.

But thick or thin, blonde or dark, oily or dry, hairy or smooth, your skin will not give you the protection it's built to give *unless you keep it clean.*

**Chief Skin Trouble Makers Are:**

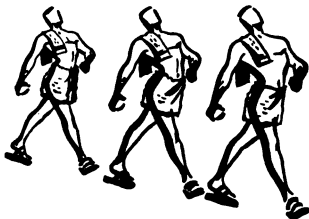
**Petroleum products** (such as machine oil, naphtha, or cutting oil compounds like Joe used).

**Solvents** (degreasers like kerosene, gasoline, trichlorethylene).

**Alkalis** (like lime, caustic soda, strong yellow soap).

**Plants** (like poison ivy, poison oak, sumac).

**"Beating the Skin Game"** takes cooperation between you and your shop. You can stop these trouble makers. Only "mama's boys" have to have their faces washed for them. You are your own boss in the soap-and-water brigade, and it's up to



you to do your own cleanup job—and do it right after work.

**Your Shop Can Help You** beat the skin game. Engineers can stop skin trouble makers before they get at you. Forced circulation of air and suction hoods are needed on jobs which send out dusts, fumes, or gases. Very dusty plants should clean their floors with vacuum cleaners, not with brooms. Powdered raw materials should be unloaded from enclosed barrels by suction.

**Protective Clothing**—gloves, sleeves, and aprons protect you from skin disease *if you use them right*. They should be changed often, and cleaned regularly so that you will always have *clean* protective clothing. Wear your sleeves *over* the cuff of each glove so that no skin shows. If you use goggles or a respirator, make sure they're cleaned often; if they rub your face, use a mild ointment recommended by your doctor to protect your skin from sores.

**Doctors on the job** can do two things; first, stop you before you tangle with a skin trouble maker; second, fix you up after the skin damage has started.

Stay away from neighbors' "advice" and drug-

store remedies if you get a skin disease. Medicines, ointments, and salves have to be "tailor made" for the particular disease you might have—and nobody but your doctor can tell what your trouble is, and what to do for it.

A *physical examination* before you take a job, and regular check-ups will always help you. If your doctor knows your job will expose you to a skin trouble maker, he can examine you to see if your skin "can take it."

"I can't eat strawberries because I break out in a rash." You've heard people say that. But industry has many other "strawberries" (doctors call such materials "sensitizers") which affect certain people. It's up to your doctor to know all the "sensitizers" used in your plant and whether you can take them.



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