

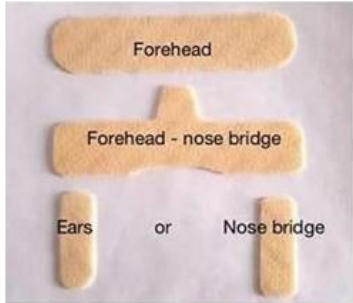



# W.I.N.K – Mask related Skin Breakdown Prevention

| Skin Barrier Protection                                                                                                                                                                                                                                                                                                                                      | Pressure and Friction Reduction                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Pressure and Tension Relief                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Daily Skin Cleansing                                                                                                     |
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| <ul style="list-style-type: none"> <li>- Apply a protective barrier. Wait until skin is dry before applying dressing.</li> <li>- No-Sting Skin-prep #24597</li> </ul>  <p>Areas at risk:<br/>(mask/shield on skin areas)<br/>Nose, bridge and forehead, cheeks and ears</p> | <ul style="list-style-type: none"> <li>- Apply an adhesive, absorbing and well adapting silicon foam dressing. Avoid occlusive dressings like hydrocolloids.</li> <li>- Mepilex lite #67968</li> <li>or</li> <li>- Allevyn lite</li> </ul>  <p>Areas at risk:<br/>(mask/shield on skin areas)<br/>Nose, bridge and forehead, cheeks</p> <p>Cut the dressing to fit the skin areas.</p>  | <ul style="list-style-type: none"> <li>- Reposition your mask/ face shield to relieve pressure and tension in the areas at risk</li> <li>- Do not overtighten; N95/N99 should not be used beyond patient care areas.</li> <li>- Remind yourself to take a break from the mask/shield between 2 to 4 hours of use; or while away from close contact with patient</li> <li>- Check on correct sealing of the mask to get a safe match between sealing and comfort</li> </ul>  | <ul style="list-style-type: none"> <li>- Remove after your shift and wash your skin</li> <li>- Complete Daily</li> </ul> |

- ❖ These strategies are to prevent skin breakdown while using mask/shields.
- ❖ If you develop skin breakdown, irritation or other signs of an injury related to wearing of masks/respirators while at work, please immediately contact your local Occupational Health Office, Monday-Friday, during regular hours