

# Staff safety

## Facial skin protection fact sheet

This fact sheet is designed to provide guiding information to assist those staff wearing personal protective equipment (PPE) for prolonged periods to prevent skin irritation and injuries.

### Principles

- The wearing of PPE masks and eye protection when caring for COVID-19 patients for prolonged periods can cause sweating and pressure points in areas where the skin is in contact with PPE (e.g. bridge of the nose, cheek bones and above the ears).
- Ensure you follow your local facility and departmental guidelines for the use for the use and application of PPE.
- Ensure skin is cleansed and dry before applying facial protection. Use a skin barrier protectant (e.g. 3M™ Cavilon™) and a dressing (Mepilex®Lite or DouDERM® Extra thin) or tape and a dressing\* as an interface between PPE and the skin to alleviate pressure. Cautiously apply the protectants/dressings to the face and avoid contact with eyes and mucous membranes. **See next pages for suggested use.**

### Further tips

- For staff members allergic to silicone, please use Coloplast Comfeel® Plus Transparent dressing in the same manner.
  - Irritant dermatitis can be caused by prolonged wear of disposable protective rubber gloves - consider using a barrier hand cream (such as Ego Silic 14) and apply as the last step before donning protective gloves.
- \* The use of products in this tip sheet is off label.

### Important information: using Riskman

**It's important to enter incidents into Riskman if pressure injuries occur.**

- To ensure all COVID-19 related incidents and feedback is consistently captured and reported through Riskman, we ask all reporters to add 'COVID-19' in the Incident or Feedback 'Summary' data field. In order to best protect yourselves and your colleagues, incidents and feedback **must** be properly recorded.
- Please refer to the [step by step guidelines](https://qheps.health.qld.gov.au/metronorth/riskman) (https://qheps.health.qld.gov.au/metronorth/riskman) for details.
- If you have any questions, please speak with your Line Manager.

### Acknowledgements

Alves P, Moura A, Vaz A, Ferreira A, Malcato E, Mota F, Afonso G, Ramos P, Dias V, Homem-Silva P. PRPPE Guideline COVID-19: Prevention of skin lesions caused by personal protection equipment (face masks, respirators, visors and protection glasses. Portuguese Wound Management Association (APTferidas). Journal of Tissue Healing and Regeneration. 2020; Education Supplement, 15 March.

National Pressure Injury Advisory Panel (NPIAP) Position statement on preventing injury with N95 masks. NPIAP, 2020. <https://npiap.com/page/PositionStatements>

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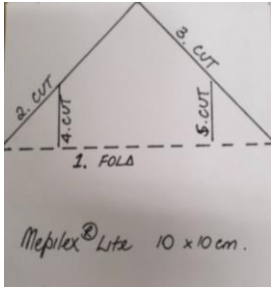




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Applying dressing material

Step 1	Step 2	Step 3	Step 4	Step 6	Step 7	Step 8
						
<p><b>3M™ Cavilon™ wipe</b></p> <ul style="list-style-type: none"> <li>Apply to your face where the dressing will be applied.</li> <li>Allow to dry before applying the dressing.</li> </ul>	<p><b>Mepilex® Lite dressing (10cm x 10cm) OR DouDERM® Extra thin.</b></p> <ul style="list-style-type: none"> <li>Cut in half.</li> </ul> <p><b>EITHER</b></p> <ul style="list-style-type: none"> <li>Place half back in the plastic dressing pocket. Label with your name and store in a clean, safe place for second use.</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>Cut in half again and wrap around each arm of your eyewear to protect your ears</li> </ul>	<p><b>Follow the template</b></p> <ul style="list-style-type: none"> <li>1. Fold in half.</li> <li>2 &amp; 3. Cut to create two triangles.</li> <li>Trim the large piece to fit your nose.</li> </ul>	<p><b>What your final cuts will look like</b></p> <ul style="list-style-type: none"> <li>Trim the dressing to suit your facial shape and the pressure points of the mask on your face (particularly cheeks and nose).</li> </ul>	<p><b>Apply the dressing</b></p> <ul style="list-style-type: none"> <li>Apply the 2 triangles to both cheeks.</li> <li>Apply the 3rd piece to the bridge of your nose.</li> </ul>	<p><b>Apply face mask</b></p>	<p><b>Apply hair cover and eye shield</b></p>

Steps for skin protection using silicone tape

Step 1	Step 2	Step 3	Step 4	Step 6
				
<p><b>3M™ Cavilon™ wipe</b></p> <ul style="list-style-type: none"> <li>Wash hands and apply 3M™ Cavilon™ wipe* to the face where the dressing will be applied.</li> <li>Allow to dry before applying the dressing.</li> </ul>	<p><b>Mepilex® Lite dressing (10cm x 10cm)</b></p> <ul style="list-style-type: none"> <li>Cut in half.</li> <li>Peel backing.</li> <li>Apply Mepilex® Lite dressing* for the bridge of the nose.</li> </ul>	<p><b>Sofsicure®* or Mepitac®* fixation tape.</b></p> <ul style="list-style-type: none"> <li>For the cheeks and under the eyes, use Sofsicure®* or Mepitac®* fixation tape</li> <li>These tapes are easy to tear, are breathable, conform to the face and are designed reduce pain, shear and friction and are gentle on removal.</li> </ul>	<p><b>Using tape</b></p> <ul style="list-style-type: none"> <li>Remove from packaging.</li> <li>With clean hands, tear off a piece of tap (approximately 6 to 8cm depending on face size).</li> </ul>	<p><b>Apply tape</b></p> <ul style="list-style-type: none"> <li>Apply Sofsicure®* or Mepitac®* fixation tape to the cheeks, under the eyes, where the face mask will be applied.</li> <li>Wash hands.</li> </ul>