

Caring for your skin

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Your skin protects your body from germs and helps you stay healthy.
If you are worried about your skin, talk to your employer or visit a doctor.



Boils and skin infections

What are boils and skin infections?

- Boils are sore red lumps on the skin.
- Boils can be small (1 cm) or big (5 cm or more).
- Skin infections are caused by bacteria, viruses, fungi or parasites.



How to prevent boils and skin infections

- Wash your hands often with soap.
- Don't share towels, razors, bars of soap or clothing.
- Wash your towels and clothes often.
- Clean cuts and cover them with a bandage until they heal.
If the cut does not heal, speak to your employer or a doctor.
- Shower with soap daily and after sweating.
- Wash bed sheets and pillowcases often, especially in hot weather.



Symptoms to watch for

- Red, swollen, and sore skin lumps
- Pus or skin leakage
- Feeling hot or sick

More skin conditions



Cuts, grazes, and blisters

- Cuts and grazes:
 - Wash the wound with water.
 - Use antiseptic (like Betadine, Savlon or Dettol).
 - Cover with a sterile bandage.
 - Get medical help if a cut is deep or keeps bleeding.



- Blisters:
 - Do not burst blisters.
 - Cover blisters with a clean, dry bandage.
 - If a blister bursts, wash it with water and apply antiseptic.

Sunburn

- Prevention: Wear a hat, clothes that cover your skin and SPF 50+ sunscreen. Stay in the shade as much as you can.
- Treatment: Put a cool towel on the burn and apply aloe vera. Drink plenty of water. Seek medical help if the burn is very bad, if you have blisters, or if you feel sick.

Insect bites

- Prevention: Use insect repellent, wear long sleeves and pants.
- Treatment: Apply a cold pack/ice to the bite. If the bite is itchy, go to a chemist and ask for advice on medicine. Some medicines can't be used when driving or operating machinery. Seek medical help if your face or throat swells or if you can't breathe.

Minor burns

- Treatment: Put the burn under cool running water for at least 20 minutes. Cover with a clean, non-stick dressing or cloth. Don't put ice or lotion on the burn. Seek medical help if it is larger than a 20-cent piece, or on your face, hands, feet or genitals.



Getting help

If you have questions or need help, ask:

- your work health safety or first aid officer
- your PALM scheme employer
- your welfare and wellbeing officer
- the PALM scheme support service line: **1800 51 51 31** (available 8:30 am - 6:30 pm AEST) or email: (palms@dewr.gov.au)
- your health insurance company.