

Group Data Sheets for skin products (for occupational use)

(Instead of Material Safety Data Sheets)

**Group Data Sheets
for Skin Products
(for Occupational Use)**

IKW

FCIO

SKW

Published by:

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Status: see cover sheet

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About this brochure

For the purpose of skin protection at the workplace, beside other products and measures, skin products are used. The category “skin products” comprises skin protection products (protection products to be used before work based on ointments, creams, lotions, and gels), skin cleansing products (liquid, pasty or solid) and skincare products (like creams, emulsions and gels).

Skin protection products are governed throughout the European Union by the requirements of two different statutory regulations, on the one hand the Directive 89/656/EEC on the Minimum Health and Safety Requirements for the Use by Workers of Personal Protective Equipment (PPE) at the Workplace (“PPE User Directive”), and on the other hand – as all skin products as they are cosmetic products – the EC Cosmetic Products Regulation [Regulation (EC) No. 1223/2009]. Skin protection products are covered in the PPE User Directive by Annex II, number 11.

In accordance with the definition in the EC Cosmetic Products Regulation (CPR), cosmetic products are defined as substances or mixtures intended to be placed in contact with various external parts of the human body (epidermis, hair system, nails, lips, and external genital organs) or with the teeth and the mucous membranes of the oral cavity with a view exclusively or mainly to

- cleaning them,
- perfuming them,
- changing their appearance,
- protecting them,
- keeping them in good condition or
- correcting body odours.

The manufacturers of cosmetic products are obliged to place only products on the EU market which are safe for human health (Article 3 CPR). This must be proven individually by a safety assessment and a safety report for every single cosmetic product placed on the market (Article 10 CPR). The safety report must be documented by the manufacturer or the responsible person with registered office in the EU (according to Article 4 CPR) within the framework of the statutory product information file (Article 11 CPR) and must be kept available for inspection by the competent authorities. Furthermore, the possibly claimed efficacy of the product must be evidenced and documented within the framework of the product information file.

Many substances and/or substance classes are generally banned from use in cosmetic products (Article 14 and Annex II CPR). For other substances uses are restricted to specific applications or subject to certain maximum concentrations or other conditions (Annex III CPR). The use of colorants, preservatives and UV filters is governed by positive lists (Annexes IV, V and VI CPR – only substances mentioned therein are permitted for the respectively intended use). In several cases, the Annexes include substance-specific mandatory warnings or instructions for use. All substances which are not expressly governed by cosmetics law are essentially subject to the requirements of Article 3 according to which the products must be safe for human health. Corresponding evidence must be documented in the safety assessment on the respective product.

The declaration of the ingredients of cosmetic products is based on the internationally uniform INCI nomenclature (INCI = International Nomenclature of Cosmetic Ingredients) and is basically made on the packaging, on the container (if there is no packaging) or on a package insert of the product (Article 19.1.g CPR). Source of the INCI designations for the European Union is the “CosIng” database of the European Commission.

In Austria the statutory provisions on cosmetic products are governed by the Food, Safety and Consumer Protection Act (LMSVG) and the associated ordinances (in particular the Cosmetics Ordinance) as well as the Cosmetics Labelling Ordinance based on the Federal Unfair Competition Act (UWG).

In Switzerland cosmetic products are covered by Article 5 Letter b of the Federal Act on Foods and Commodities (LMG). The definition as well as the general conditions to be met by cosmetic products are contained in Article 35 of the Food and Commodities Ordinance (LGV). The implementation provisions are included in the Ordinance of the Swiss Ministry of the Interior on Cosmetic Products (VKos). These provisions are largely identical to the EC Cosmetic Products Regulation. The manufacturing, importing and dispensing of cosmetic products to end-consumers does not require permission by the Federal Health Agency if the products are in conformity with the legislation. Article 23 LMG applies (self-control).

According to German and European law, cosmetic products¹ are exempted from the obligations of labelling under the chemicals legislation and from the submission of safety data sheets (SDS, MSDS). On the European level – as already in earlier chemicals legislation – cosmetic products are exempted from the provisions of the preparation of safety data sheets in accordance with Article 2.6.b of the REACH Regulation.

In accordance with Section 3 of the German Hazardous Substances Ordinance (§§ 6 f.) an employer in whose enterprise cosmetic products are handled must carry out a risk assessment for his employees. The manufacturers of cosmetic products are obliged to make available upon request sufficient information on the safe handling of their products in the professional area. The Group Data Sheets include – in addition to the instructions for use supplied with the products – all necessary additional information for a safe handling of cosmetic products in a professional environment (e.g. storage by the retail trade, in a hairdresser salon, beauty salon or nail studio). They are an important tool for the employer in order to meet his duty of assessment in the field of occupational safety in accordance with § 6 Hazardous Substances Ordinance (GefahrstoffVO) and possibly instruct his employees. They should, therefore, be available in every enterprise in which these products are handled. In the event of accidents (e.g. during storage) or inadvertent misuse of a product they can help to take the necessary measures in order to ward off damage from employees and/or customers.

In Austria cosmetic products are likewise exempted from the labelling obligations under chemicals law; the same uniform EU-wide cosmetics regulations apply. Here, too, these Group Data Sheets are an appropriate tool for the employer in order to meet his obligations in accordance with the Employee Protection Act vis a vis the employees in terms of safety, health and risk prevention. Although Switzerland is not a Member State of the EU, it has nonetheless comparable statutory provisions governing this area.

¹In this regard, cosmetic products are defined as products which correspond to the definition mentioned in the EC Cosmetic Products Regulation and which are available in a form and packaging which is dispensed to end-consumers. Cosmetic raw materials, raw material mixtures and bulk ware are hence not covered by this exemption.

The data sheets include

- the product identification (1),
- information on possible hazards (2),
- information on the product composition (3),
- information on first-aid measures in the event of misuse or accident (4),
- information on measures in the event of fire (5),
- information on measures in the event of accidental release and on disposal (6),
- information on handling and storage (7),
- and possibly further safety-relevant information (8).

The data sheets have been prepared according to the current state of knowledge taking into account the products that are currently available on the EU market. If available, the data sheets – in terms of the product composition – are based on the frame formulas which are used within the EC notification portal for cosmetic products (CPNP, status: 2013). The content of this online edition was compiled with the greatest care. IKW, FCIO, SKW and BVH cannot, however, take over any liability for the accuracy and completeness of content.

The measures described in the section “First-aid measures” (4) are to be understood as proposals for first-aid measures. They cannot replace emergency medicine in the event of serious health damage, i.e. in the event of misuse or accident. In these cases – particularly if there is a corresponding advice in the respective group data sheet – it is necessary to consult a doctor or the competent Poison Control Centre (see list at the end of this brochure). When contacting the Poison Control Centre or consulting a doctor, the product and/or the packaging or label as well as possible relevant package inserts should be kept available or brought along.

The manufacturers of cosmetic products provide on the packaging and possibly also in package inserts information on the proper and safe use of their products. Many years of experience and careful monitoring of the market show that cosmetic products are safe. The safe application of the products presupposes full compliance with the instructions for use. Serious health issues occur only in extremely rare cases and mostly in conjunction with accidents or misuse. In the event of an inadvertent spillage or leakage of the product (6), not only the necessary measure to protect employees but also the possible risks for the environment need to be considered. It is in particular necessary to ensure an environmentally sound disposal of the absorbed product.

If there are any queries, concerning e.g. a lack of clarity in respect of the classification of a concrete product under a Group Data Sheet, the manufacturers of the cosmetic products whose address is specified on the packaging can be contacted. Many manufacturers mention, in addition, toll-free service numbers on the packaging which can be called if there are any questions on the product. EU cosmetics legislation prescribes that a manufacturer or importer with registered office in a Member State of the EU must be specified on the packaging.

Information on transport provisions and dangerous goods labelling can be found in the following section.

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Swiss Cosmetic and Detergent Association

Bundesverband Handschutz e. V.

German Association of Manufactures of Hand Protection Products

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Information on transport provisions

Cosmetic products, which due to their properties (e.g. flammable liquids) or presentation (aerosol cans), are considered as dangerous goods within the meaning of transport law, are also subject to the provisions on dangerous goods. By way of facilitation for the shipment of these products the so-called “small quantity exceptions” can be applied. These permit for a simplified packaging, labelling and documentation. For the logistic handling the parties involved in transport require the UN number, the respective hazard class and the degree of hazardousness and/or the packing group. These data are made available if necessary by the individual manufacturers for the products concerned. Here, too, no safety data sheets have to be submitted, which would not have any legal basis in dangerous goods law anyway.

For the transport of “dangerous goods” with the different transport modes, provisions apply not only in Europe; some cover also cosmetic products which meet the criteria mentioned below. The corresponding recommendations by the United Nations (UN) have been implemented for instance for the transport by road in the German Dangerous Goods Ordinance Road/Rail/Internal Waterways (GGVSEB), for the transport by sea in the German Dangerous Goods Ordinance Sea (GGVSee), and for air transport in the application of the dangerous goods provisions of the International Air Transport Association (IATA). The national implementation is based on the international rules/conventions for the respective transport mode (Road: ADR, Rail: RID, Sea: IMDG Code, Air: ICAO-TI). The most important provisions can be called up on the website of the Federal Ministry of Transport and digital Infrastructure (BMVI):

http://www.bmvi.de//DE/VerkehrUndMobilitaet/Verkehrspolitik/GueterverkehrUndLogistik/Gefahrgut/gefahrgut_node.html

(The English online versions of ADR 2015 have been posted on the UNECE website:

<http://www.unece.org/trans/danger/publi/adr/adr2015/15contentse.html>)

1. Dangerous goods classes

The United Nations subdivide dangerous goods into 13 different hazard classes and describe in the so-called “Manual of tests and criteria” the test procedures and criteria to determine whether a good to be transported is subject to the regulations. The dangerous goods have to be assigned a registration number (= UN number). All cosmetic products which do not present any properties of such a dangerous goods class are not subject to the provisions on dangerous goods during transport.

- According to the provisions of the United Nations aerosol packages are considered, regardless of the respective propellant, as dangerous goods of Class 2 “Gases”. Due to the classifications in terms of flammability in accordance with Section 31 “Manual of tests and criteria” of the United Nations, they have to be classified in sub-class 2.1 “Flammable gases” or 2.2 “Non-flammable, non-toxic gases”.
- All liquid products whose fillings have a flash point of $\leq 60^{\circ}\text{C}$ (e.g. deodorant atomisers with 45% ethanol) are dangerous goods of Class 3 “Flammable liquids”. However, if the measured flash point exceeds 35°C and the product does not sustain combustion (test method: see 32.5.2 “Manual of tests and criteria”), the product does not have to be classified as dangerous good.
- Solids which contain flammable liquids with a flash point of up to 60°C (e.g. refreshment towels) are classified in Class 4.1 “Flammable solids”. If these towels are, however, packed in sachets which contain in each case less than 10 ml of the flammable liquid and the liquid is fully absorbed, they are exempted from the dangerous goods provisions of all transport modes.
- Hair care/colouring products can meet, depending on their composition, the criteria of Classes 5.1 “Oxidising substances” or 8 “Corrosive substances” (because of the corrosive effect on aluminium!).

– Ingredients of cosmetic products can be classified as “dangerous for the environment”. If quantitative thresholds are exceeded in the preparations, this classification can also apply to products. Products which meet the criteria for the hazard symbol N (dangerous for the environment) would then have to be automatically classified as dangerous goods of Class 9.

2. Exemption for consumers

Cosmetic products which are governed by dangerous goods provisions may be transported by end-consumers after purchasing without application of the provisions. However, taking them along in carry-on luggage is not possible or only possible to a certain extent.

3. Facilitations through limited quantities

Almost all cosmetic products can be transported by the transport modes road/rail/sea in small shipment units of up to 30 kg (or trays of up to 20 kg) based on so-called limited quantity exceptions (Chapter 3.4 ADR/RID/IMDG Code). The advantage is the use of packaging not especially type-approved for dangerous goods shipment and a simplified dangerous goods labelling with a black square on a point, upper and lower corners filled black. Squares on a point with the UN number can be used, according to ADR, until 30.06.2015 at the latest for road transport.

The restriction refers to an admissible size of the respective inner packaging (aerosol packaging e.g. maximum of 1 litre) and the restriction of the finished package to a maximum of 30 kg gross weight (or 20 kg gross weight when using trays). However, there is no limitation of the cargo per pallet, container or vehicle. However, containers, railway wagons and road vehicles have to be labelled with the same symbol in a size of 250 x 250 mm if the cargo exceeds 8 tonnes. This labelling provision does already apply for the first box/tray in case of sea containers or vehicles which are loaded on sea ferries. If in both cases other additional labelling provisions for dangerous goods which are subject to full labelling do apply, shipment units must not be labelled according to the provisions applying for “limited quantities”.

4. Consumer commodities in air transport (ID 8000 IATA-DGR)

Cosmetic products which are classified in the above-mentioned Classes 2 (aerosol packages), 3 and 4.1 can be packed and transported in a simplified manner by aircraft under “ID 8000 Consumer Commodities”. In terms of size, the products are considerably restricted. Packaging must not be type-approved but must resist to the expected strains in air transport. A shipment unit is limited to 30 kg gross. All products are assigned for this type of shipment a specific air registration number (ID 8000) and Class 9. Special reference is made here to training obligations of all those involved in air transport (training with certification, certificate validity of 2 years).

5. Excepted Quantities (Chapter 2.7 IATA-DGR for air transport, otherwise Chapter 3.5 ADR/IMDG Code)

Especially small products (such as testers, promotion articles, nail polishes) can be transported in a considerably simplified manner under this Regulation (even by aircraft). Similar to the limited quantities regulations, the inner receptacles and the quantity per shipment item are limited. The limits are, however, considerably lower (example Class 3, flash point < 23°C: 30 ml per inner packaging, 500 ml per shipment unit). There is no need for type-approved packaging. The structure and quality of the packaging are described in the above-mentioned Chapters of the Regulations. Instead of documentation, a simplified sticker with basic information is used. Only in case of sea transport a complete transport documentation has to be provided. Reference is made to the special training obligations of all those involved in air transport (training with certification, certificate validity of 2 years).

6. Simplifications through exemptions in road transport

If due to the classification of the products or shipment units which are too large the simplifications of the limited quantities provisions cannot be used, shipment units can be handled in a simplified manner up to a certain loaded quantity (e.g. 333 kg for flammable aerosol packages). In this case no trained dangerous goods driver, no vehicle labelling with orange warning plates and no full dangerous goods equipment is necessary (Chapter 1.1.3.6 ADR).

7. Appointment of dangerous goods officers

If companies receive only dangerous goods (e.g. ethanol in tank vehicles) and if the manufactured products are only transported in limited quantities or exempted quantities, the company does not have to appoint a dangerous goods officer. However, if dangerous goods are transported in quantities subject to labelling (such as waste in containers or tanks, bulk goods for filling plants), a dangerous goods officer (EU: safety officer) has to be appointed in the company (§ 1 Dangerous Goods Officer Ordinance and Chapter 1.8 ADR/RID).

8. Security obligations in dangerous goods transport

All employees involved in dangerous goods transport must be sensitised in the prescribed training for the topic "Protection against terrorist attacks of dangerous goods transports". In addition, companies which are involved in the transport of certain goods with a high risk potential (e.g. extremely flammable aerosol propellants and flammable liquids (ethanol!) in tanks) must prepare so-called "Security Plans" (Chapter 1.10 ADR).

Quoted and background literature

Status: March 2016. The respectively valid version of the following provisions applies.

European Union/international level:

Regulation (EC) No. 1223/2009 of the European Parliament and of the Council of 30 November 2009 on cosmetic products (<http://eur-lex.europa.eu/en/index.htm>).

Council Directive 89/656/EEC of 30 November 1989 on the minimum health and safety requirements for the use by workers of personal protective equipment at the workplace (<http://eur-lex.europa.eu/de/index.htm>).

Council Directive 75/324/EEC of 20 May 1975 on the approximation of the laws of the Member States relating to aerosol dispensers (<http://eur-lex.europa.eu/de/index.htm>).

Regulation (EC) No. 1907/2006 of the European Parliament of the Council of 18 December 2006 concerning the Registration, Evaluation, Authorisation and Restriction of Chemicals (REACH) (<http://eur-lex.europa.eu/de/index.htm>).

Regulation (EC) No. 1272/2008 of the European Parliament of the Council of 16 December 2008 on classification, labelling and packaging of substances and mixtures (<http://eur-lex.europa.eu/de/index.htm>).

Website of the European Commission on cosmetic products:
http://ec.europa.eu/growth/sectors/cosmetics/index_en.htm

CosIng Database of the European Commission (INCI designations of cosmetic ingredients):
<http://ec.europa.eu/growth/tools-databases/cosing/>

International Cosmetic Ingredient Dictionary and Handbook, 16th ed. (2016), Personal Care Products Council (previously CTFA), Washington DC, <http://www.personalcarecouncil.org>; to be obtained through Verlag für chemische Industrie, Augsburg, www.sofw.com

Germany:²

Food, Commodities and Feed Code (LFGB) as published on 03 June 2013 (BGBl. I, p. 1426):
<http://www.gesetze-im-internet.de/lfgb/index.html>

Cosmetics Ordinance: Ordinance on Cosmetic Products as published on 16 July 2014 (BGBl. I, p. 1054):
http://www.gesetze-im-internet.de/kosmetikv_2014/index.html

Chemicals Act: Act on the protection against dangerous substances as published on 28 August 2013 (BGBl. I, p. 3498, 3991):
<http://www.gesetze-im-internet.de/chemg/index.html>

Hazardous Substances Ordinance: Ordinance on protection against hazardous substances of 26.11.2010 (BGBl. I, p. 1643, 1644):
http://www.gesetze-im-internet.de/gefstoffv_2010/index.html

Act for the implementation of Regulation (EC) No. 1907/2006 (REACH Adaptation Act) of 20.05.2008 (BGBl. I, p. 922).

Workplace Ordinance of 12.08.2004 (BGBl. I, p. 2179):
http://www.gesetze-im-internet.de/arbst_ttv_2004/index.html

13th Ordinance on the Product Safety Act (Aerosol Packaging Ordinance) of 27.02.2002 (BGBl. I, p. 3777, 3805):

http://www.gesetze-im-internet.de/gsgv_13/index.html

Fourth Ordinance on the Implementation of the Federal Immission Protection Act (4th BImSchV) – Ordinance on operations subject to approval as amended on 14.03.1997 (BGBl. I, p. 504):

http://www.gesetze-im-internet.de/bimschv_4_1985/index.html

Announcement on dangerous substances No. 220 “Safety data sheet“:

http://www.baua.de/de/Themen-von-A-Z/Gefahrstoffe/TRGS/Bekanntmachung-220.html_nnn=true

TRGS (Technical Rules for Hazardous Substances) No. 400 “Risk assessment for activities involving hazardous substances“

TRGS 401 “Risks resulting from skin contact – identification, assessment, measures (replaces TRGS 531 “Wet work” and others)

TRGS 510 “Storage of hazardous substances in non-stationary containers“

TRGS 530 “Hairdressing“

TRGS 555 “Working instruction and information for workers“

TRGS 600 “Substitution“

All TRGS are available online on:

http://www.baua.de/de/Themen-von-A-Z/Gefahrstoffe/TRGS/TRGS.html_nnn=true

(in many cases as well in English)

DIN EN 374 “Protective gloves against chemicals and micro organisms“, to be procured via www.beuth.de

“Aerosol storage“, specialist information of Industriegemeinschaft Aerosole e. V., 2004, available from: info@aerosolverband.de

Hygiene provisions: workplace hygiene is as a rule subject to specific hygiene provisions of the Federal States.

Important guidance for hairdressers on hair dyeing, flyer, IKW, 2010, www.ikw.org/ikw-english/

Risk assessment for the hairdresser profession, brochure, Employers Liability Insurance Association for Health Services and Care – BGW, 2013, www.bgw-online.de

Skin protection plan, hand hygiene plan and operating instructions for hairdressers, BGW, www.bgw-online.de

Workplace hygiene in hairdresser salons, brochure, BGW, 2014, www.bgw-online.de

²The German references (legal texts, brochures) cited here are mostly available only in German language, except for some TRGS (see above).

Information on the Austrian cosmetics law:

Food Safety and Consumer Safety Act – LMSVG:

<https://www.verbrauchergesundheit.gv.at/lebensmittel/rechtsvorschriften/oesterreich/lmsvg.html>

Ordinances on cosmetic products:

- Ordinance on cosmetic products (Cosmetics Ordinance);
- Ordinance on colouring agents which may be included in cosmetic products (Cosmetics Colouring Agents Ordinance);
- Ordinance on control measures for cosmetic products;
- Ordinance on the non-entry of one or more ingredients in the list intended for the labelling of cosmetic products;
- Ordinance on analytical methods to control the composition of cosmetic products (Cosmetics Analysis Ordinance):

https://www.verbrauchergesundheit.gv.at/lebensmittel/rechtsvorschriften/oesterreich/kosmetik_recht.html

Information on the Swiss cosmetics law:

Federal Act of 9 October 1992 on Foods and Commodities (Foods Act, LMG):

http://www.admin.ch/ch/d/sr/c817_0.html

Foods and Commodities Ordinance of 23 November 2005 (LGV):

http://www.admin.ch/ch/d/sr/c817_02.html

Ordinance of the Swiss Ministry of the Interior (EDI) of 23 November 2005 about cosmetic products (VKos):

http://www.admin.ch/ch/d/sr/c817_023_31.html

Ordinance of EDI of 23 November 2005 about aerosol packages:

http://www.admin.ch/ch/d/sr/c817_023_61.html

Hygiene Ordinance of EDI of 23 November 2005 (HyV):

http://www.admin.ch/ch/d/sr/c817_024_1.html

Ordinance of EDI of 23 November 2005 about the implementation of food legislation:

http://www.admin.ch/ch/d/sr/c817_025_21.html

Ordinance of 12 November 1997 about the levies on volatile organic compounds (VOCV):

http://www.admin.ch/ch/d/sr/c814_018.html

Links to other relevant legal texts (e.g. trade and transport law) on:

<http://www.skw-cds.ch/kosmetik/links/gesetzgebung-kosmetik/>

Basic rules for safe working with cosmetic products in hairdresser salons, beauty salons and nail studios

- The instructions for use and possibly warnings of the manufacturer must always be complied with.
- The constant use of specific product groups (e.g. shampoos) can lead, if no protection is afforded, to dryness and soreness of the skin. For that reason suitable protection gloves must be worn and/or skin protection and/or care creams have to be applied.
- A high hygiene standard must be complied with. Workplace hygiene is as a rule subject to specific national hygiene provisions, in Germany to those of the individual Federal States.
- Products whose best before date and/or durability after opening has expired, should no longer be used.
- If not specifically stipulated in the instructions for use, products should never be mixed.
- All containers must immediately be safely resealed after use and unused containers must be stored properly in a sealed condition.
- The proper disposal of unused mixtures and empty containers is to be ensured.
- Spillage/leakage of products must immediately and properly be removed.
- Only emptied aerosol cans should be recycled.
- Do not keep any products in the vicinity of foods or beverages.
- Food or beverage containers may not be used to store cosmetic products.
- Flammable products must not be sprayed on a naked flame or incandescent objects. They are to be kept away from sources of ignition, and smoking is prohibited.
- When handling products which can be inhaled, sufficient ventilation must be ensured.
- Products may only be applied on healthy skin.
- Keep products out of the reach of children.
- Do not wear jewellery. Do not use any utensils which release nickel.
- All escape routes must be kept free.
- In the event of an emergency: call the Poison Control Centre (see list at the end of this brochure) or the emergency number 112 and consult a doctor. Take the packaging, the product and this brochure with you for information for the doctor.

Flyer: Allergy case at the hairdresser's – what is to be done?

<http://www.ikw.org/ikw-english/beauty-care-topics/information-for-professional-users/>

Flyer: Allergy case at the cosmetics or nail studio – what is to be done?

<http://www.ikw.org/ikw-english/beauty-care-topics/information-for-professional-users/>

General information on skin products

Skin protection products

Definition and application

Skin protection products are skin products which are applied before a skin stressing professional activity to support the natural defence functions on the cleansed and dry skin (before the beginning of work or after work breaks).

<i>Occupational skin exposures can for instance include:</i>	<i>Skin protection products serve in this case for...</i>
Soilings	...the facilitation of skin cleansing
Special working substances	...the prevention of subtoxic cumulative contact eczema
UV rays	...the protection of skin from UV-A, UV-B and UV-C rays
Moisture accumulation under gloves	...the prevention of maceration (softening of the callus)

Skin protection products cannot, as a matter of principle, replace the function of protective gloves. Skin protection products do not serve for the protection of the skin against contact with toxic substances. In those cases the use of protective gloves is always indicated. Basic provisions on the use and selection of protective gloves and skin protection products can be found in TRGS 401 "Risks resulting from skin contact".

Skin protection products serve primarily for the protection against skin damage under conditions under which protective gloves are not practicable or prohibited (e.g. work with rotating machines). Apart from facilitating skin cleansing after work through the building up of a dirt-repellent protective film, skin protection products serve above all for the protection of the skin against direct contact with skin-stressing working substances which can impair the natural protection functions of the skin, in particular during prolonged occupationally caused exposure. Skin protection products enhance, furthermore, the ability of the skin to resist to slight mechanical exposures at the workplace. Special types of skin protection products are intended to protect skin against UV rays (e.g. during welding work) or against its softening due to a moisture accumulation (maceration) under airtight protective clothing (gloves).

In order to deploy the claimed protective functions, skin protection products contain special ingredients tailored to the different fields of application, such as

- Film-forming agents – they reduce the adhesion of dirt to the skin and facilitate subsequent skin cleansing.
- Hydrophobic or hydrophilic substances – they are to protect the skin against direct contact with hydrophilic and/or hydrophobic working substances.
- UV filters – they are added to skin protection products to absorb UV-A, UV-B and UV-C rays.
- Tannins and antiperspirants – due to the skin-solidifying effect and the reduction of sweat, they reduce maceration (softening of the callus) under airtight protective gloves.

A skin protection product must be selected in accordance with the specific skin exposures at the respective workplace. The proper selection and application of skin protection products should be elaborated by the employer in concrete individual cases always in co-operation with the advisory service of the manufacturer

and/or supplier. Skin protection products must in all cases satisfy the special conditions of the respective work process (e.g. silicone freedom of the products has to be observed for coating work).

Basic rules for proper cream application. The efficacy of skin protection products also depends to a decisive extent on the right application, i.e. the right application on the skin. In general, the following has to be taken into account:

1. Hands must be clean and dry.
2. Apply product on the back of a hand and distribute evenly with the other back of the hand.
3. Then distribute the product with the fingertips of the one hand in the areas between the fingers of the other hand.
4. Then spread the product carefully on the nail bed, nail fold, fingertips and wrists.
5. Spread residues of the product in the palms of the hands.
6. In order to reach also the skin under the nails, move the nails of the one hand under slight pressure on the palm of the other hand.

Structure of the product

In order to protect the skin from an exposure to non-water soluble (hydrophobic) working substances, such as drilling and cutting oils or lubricating greases, mostly products based on water-soluble suspensions and occasionally also oil in water (O/W) emulsions with a very low fat content are used.

The suspension products are formed through the suspension of solids (pigments such as talc, kaolin or zinc oxide) in watery bases (also products on the basis of classical O/W emulsions can be enhanced through the addition of pigments as far as their effect is concerned). In order to reduce direct skin adhesion of dirt and working substances, so-called film-forming agents are used. The protective effect of the suspension products vis a vis hydrophobic working substances is initially based above all on their watery, i.e. hydrophilic basis. In the course of the further evaporation of water, the protective effect of the pigments comes stronger to the fore.

Suspension creams are perfectly suited for the application of dirt-binding special emulsifiers. These ingredients facilitate final skin cleansing through a prior emulsification of the dirt substances on the skin. In this way the necessary amount of the skin cleansing product can be reduced or a milder cleaning agent which is kinder to the skin can be selected.

In order to protect the skin from an exposure to water-soluble (hydrophilic) working substances such as water-mixed cooling lubricants and aqueous cleaning agents (surfactants), mostly products based on a high-fat water in oil (W/O) emulsion are used. Their protective capacity is primarily based on the external emulsion phase (water-repelling oil component). Typical representatives are the so-called greasy ointments which in most cases have a fat content of 30 – 50 %. However, also W/O emulsions can be enhanced in their effect through protective pigments.

When wearing airtight protective clothing (gloves), there can be a swelling and softening of the callus (maceration) following heat and moisture accumulation, so that the natural protective functions of the skin are considerably impaired. In this case the application of special skin protection products with tannins or antiperspirants is indicated. The tannin deploys its protective function via a direct chemical bonding to the skin protein keratin in the callus. This astringent effect which is similar to leather tanning, reduces the swelling capacity of the callus by lowering the water absorption ability and hence enhances the natural protective functions. Here, too, the cross-linking of the individual body cells enhances the mechanical resistance of the upper callus layers.

Skin protection products with UV filters prolong the natural self-protection time of the skin against UV rays which occur for instance during welding, insolation or artificial UV light sources (bactericidal lamps, printing ink hardening etc.) The UV absorbing ingredients are organic substances or micro pigments such as titanium dioxide. Most filter substances are primarily directed against the short waved UV-B rays. In order to afford comprehensive UV protection, special UV-A filters are used as well as so-called broadband filters which provide protection against both UV-A and UV-B rays. During welding work an additional special protection against UV-C rays, which do not occur in natural sunlight, is necessary.

The efficacy of light protection products in terms of UV-B protection is defined by the light protection factor which is determined in accordance with the standardised International Method. Light protection preparations must always be applied to the skin immediately before the light exposure in order to guarantee effective protection against UV rays. The protective effect of light protection agents cannot be prolonged through repeated application.

Skin cleansing products

Definition and application

Skin cleansing products are preparations which are used after work (after the end of the work and before breaks) and are intended to remove soiling from the skin.

The selection of the right skin cleansing product depends also to a decisive extent on the skin protection product used during work. The basic goal of the combined application of skin protection and skin cleaning products – always to be co-ordinated in individual cases – consists in providing on the one hand the most effective and on the other hand the most caring and hence tolerable skin cleansing.

Basic rules for proper washing. Caring skin cleansing includes in addition to the selection of soiling-adjusted products also compliance with basic rules for proper washing. In general terms, the following applies:

1. Use only the necessary product quantity (not too much).
2. Spread product initially without water.
3. Then wash with a small amount of water (water should not be too hot).
4. Rinse off dirt and cleaning product with plenty of water.
5. Dry hands carefully and hygienically properly.
6. Finally apply skin protection and/or skin care product.

At the wash place hot water as well as dispensers with skin cleansing products should be available. In the event of special cleansing products, the instructions for use should be considered!

Structure of the products

Skin cleansing products for simple soiling. For simple soiling as it occurs in the domestic environment in medical wards, surgeries, offices and administration as well as in industry, crafts and trade, for instance during simple assembly work, a liquid or solid skin cleansing product based on wash-active substances (WAS) is absolutely sufficient. Solids, e.g. classical soap cakes, should only be used at single wash places or for individual persons for hygienic reasons (§ 35 German Workplace Ordinance).

Wash-active substances, generally also referred to as surfactants or detergents, are used as basic building stones for most skin cleansing products. Due to their surface-active properties these substances can emulsify non-water soluble dirt particles in washing water. Soaps or synthetic detergents (syndets) can be used as WAS. Syndets have various advantages over soaps: their cleansing effect is generally better since they do not react depending on the hardness of the water with insoluble lime soaps. Their properties, such as

the cleansing power and dermal tolerance can be selectively adjusted within the framework of the synthesis. Syndets can also be adjusted to a weakly acid pH value as it occurs on the skin surface.

Skin cleansing products for coarse soiling. For coarse soiling, such as soiling caused by fats, oils, metal dust, graphite or soot, products on a pure WAS basis are as a rule no longer sufficient. Depending on the degree of soiling, combined products (heavy-duty hand cleansing products) should be used which apart from a graduated content of wash-active substances also contain an abrasive and/or soil removing agents. The abrasives serve for the mechanical removal of coarse dirt particles and hence to support the cleansing effect of the WAS.

Compared to the broad range of wash-active substances, the offering of appropriate abrasives is considerably smaller: the previously often used sand has been considered for several years already as outdated because of its strong abrasive properties, its tendency to sedimentation and the resulting pipe clogging in the sanitary water system. The more acceptable floatable wood and plastics flours of the second and third abrasive generation are today completed in an environmentally sound manner by so-called organic abrasives based for instance on walnut shelves, olive kernels, corn cobs and sugar particles or abrasion-free dirt removing agents based on wax.

Solvent-free heavy-duty hand cleansing products cover most of the soilings and should as a rule be preferred over solvent-containing special hand cleansing agents (see below). Heavy-duty hand cleansing products have established themselves in the form of so-called hand wash pastes and are accepted as hygienically suited skin cleansing products in accordance with § 35 German Workplace Ordinance.

Skin cleansing agents for special soilings. A particular challenge for skin cleansing agents exists in respect of certain special soilings for which the standard product structure has to be adapted. For the removal of soilings such as colours or resins which adhere particularly strongly to the skin, special cleansing products are required in which a solvent acted as a basic building block and wash-active substances as well as possibly an additional abrasive are used to enhance the cleansing effect. This effect is primarily based on the partial dissolution of the dirt particles.

The number of solvents which can be used in skin cleansing agents is likewise low due to the conditions they have to meet. Apart from good dissolution properties, they must also have an acceptable skin tolerance and may not involve a toxicological risk for the overall organism in the event of proper use. Dicarboxylic acid esters are today the solvent of choice. Technical solvents such as trichloroethylene, turpentine, gasoline or nitro dilution should likewise not be used at all for skin cleansing purposes for the aforementioned reasons. They cause a strong degreasing of the skin and contain almost always components with toxic properties.

The quick cleansing success of solvent-containing special and intense cleansing products should not be a reason for their preference at the selection of skin cleansing products. From a dermatological point of view primarily solvent-free products should be used.

For the removal of special powdery dye soilings (textile reduction dyes, copying colours/toners, vegetable colours/soilings) special cleansing agents have proven their worth which contain in addition to wash-active substances and possibly an abrasive, as a further building block a reduction agent such as sodium hydrogen sulphide with which the dyes can be transformed into a colourless form.

Skincare products

Skincare products are preparations which are applied after a skin-stressing activity (after the end of the work and before breaks) to strengthen the natural skin functions on cleansed and dry skin.

At the application of skincare products some basic rules for proper cream application (see page 16) should be taken into due account. Like skin protection products the skincare products must satisfy in all cases the

special demands imposed by the respective work processes (e.g. for coating work silicon freedom of products has to be observed). This is only ensured to an insufficient extent in the case of “private” skincare products of employees, so that they should be replaced by skincare products made available by the employer, which are hence controlled.

The selection of a skincare product must be adjusted to the skin condition of the respective user. Persons with normal skin need O/W emulsions with only a low lipid share. Persons with a dry, low fat skin condition require, by contrast, O/W emulsions with a higher fat and/or lipid share. For an extremely dry skin condition the lipid character of these care products does not suffice as a rule and a high fat W/O emulsion should be preferred. This restricts the release of humidity from the skin in such a strong manner that a new moisture depot develops already after a comparatively short period of time in the callus.

The extent of skin exposure at the workplace is likewise decisive for the selection of the right skincare product. In areas with a higher skin exposure, products are preferred which have been rather designed for dry skin. In the administrative field and other areas with lower skin exposure, low grease skincare products should be used.

Since the individual skin type can hardly be taken into account for these standard solutions, employees with skin problems or strongly deviating skin type should be provided with individualised products. These situations, which may be difficult in terms of occupational psychology, should be co-ordinated with the plant doctor or the workplace manager.

Many skin protection products have already a caring effect on the skin due to their formulation. As opposed to these, skincare products do not include, however, any specific ingredients to protect from certain occupational exposures. On the other hand, they can, however, contain special ingredients which can be unsuitable for use in skin protection products (certain film-forming agents, penetration enhancers or other caring ingredients).

Organisation of occupational skin protection

Skin protection programmes are implemented in practice by means of skin protection plans in poster form. These plans initially combine similar skin-stressing working substances and/or activities in groups. These are then allocated to the corresponding skin protection, skin cleansing and skincare products. As a result of the displaying of the plans, the employees are permanently informed about the products so important for them and their use. In the plant skin protection plans should be displayed in areas which are frequently used by the employees, such as wash stations, social rooms and of course also directly at the workplace.

Skin protection plans can be prepared based on working substances and workplaces. The two procedures presuppose detailed knowledge of the situation on site. An optimum solution is the preparation of a compact skin protection plan based on working substances or working places in an abbreviated form, which is based on an overall skin protection plan.

The following structure of a skin protection plan is shown by way of example.

Skin protection plan for the workplace area XXX			
Type of skin exposure/activity	Skin protection <i>before the work, also after breaks</i>	Skin cleansing <i>after work, also before breaks</i>	Skincare <i>after skin cleansing and after the end of the work</i>
Soilings of category X	Skin protection cream X	Skin cleansing product X	Skincare cream X
Soilings of category Y	Skin protection cream Y	Skin cleansing product Y	Skincare cream Y
...
Special works	Skin protection lotion S	Skin cleansing agent S	Skincare cream S

The preparation of the skin protection plans should generally be based on a co-operation between

- the direct workplace supervisor,
- the person in charge of occupational safety,
- the person in charge of occupational medical support,
- the works council,
- the senior management as well as
- a consultant of the manufacturer of the skin protection products.

The employees must be informed at least once a year orally about the main risks and the skin protection measures. The recommendations for application of the manufacturer, educational films of the manufacturer and the employers' liability insurance association as well as existing works instructions (in accordance with the German Dangerous Substances Ordinance) can be included into the educational efforts. It also makes sense to integrate these measures into a broadly based corporate skin protection campaign ("Skin Protection Day") to attract more attention.

Appendix to the IKW Group Data Sheets

Poison Control Centres in Germany, Austria and Switzerland

Last updated: March 2016

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Bonn

Informationszentrale gegen Vergiftungen
Zentrum fuer Kinderheilkunde – Universitätsklinikum Bonn
Adenauerallee 119
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Phone: + 49-228-19240, Fax: + 49-228-287-33278
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www: <http://www.gizbonn.de>

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www: <https://www.uniklinik-freiburg.de/giftberatung.html>

Goettingen

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www: <http://toxinfo.ch>

**European Association of Poisons Centres and Clinical Toxicologists (EAPCCT) –
Links to Poison Centers and Clinical Toxicologists all over the World:**

<http://www.eapcct.org/index.php?page=links>

World directory of poisons centres (World Health Organization, WHO):

http://www.who.int/gho/phe/chemical_safety/poisons_centres/en/