

TAKE CONTROL

Rubbing or Chaffing of Parts of the Body

This information bulletin has been designed to help you prevent workplace injury and disease. By identifying causes and assessing and controlling risks you can take control of health and safety in your workplace.

Risk indicators in the workplace

Some things to look for include:

- Employees having to wear personal protective equipment in, for example, hot, humid, wet or very dry environments;
- Personal protective equipment which does not allow air to move across the skin when working in the above mentioned environmental conditions;
- A lack of personal protective equipment (like gloves) when handling abrasive materials (such as rope);
- Reusing or not cleaning used personal protective equipment; and
- Using hand held tools where there is movement of parts of the body against the tool (for example, a hand twisting or turning on a tool).

Examples of what can be done to stop such occurrences happening in the workplace

Employers should, for example, make sure that:

- The workplace has good airflow through it and that the air temperature and humidity is not excessively high or low;
- Reusable personal protective equipment is cleaned and disposable equipment replaced as needed;
- There is ready access to clean work clothes, washing and laundry facilities if appropriate;
- Tools are chosen which can be handled without causing excessive rubbing against parts of the body;
- Where there is no alternative but to use it, good fitting and well designed personal protective equipment is available; and
- Your employees are provided with training in the selection, limitations, correct use and maintenance of personal protective equipment.

To find out more

The [Workplace Health and Safety Act](#) and the [Workplace Health and Safety Regulations](#) outline the minimum standards and the process to manage occupational health and safety in your workplace.

Specific regulations to note in respect of this topic are:

Regulation 78 Respiratory Protection

Regulation 79 Hand Protection

Regulation 80 Foot Protection

Australian Standards applicable to this topic include:

- [HB59](#) Ergonomics – The human factor
- [AS2161](#) Occupational protective gloves
- [AS/NZS2210](#) Occupational protective footwear

NT WorkSafe kindly acknowledges WorkCover SA.

For further information please contact NT Worksafe on 1800 019 115 or visit www.worksafe.nt.gov.au