

Skin at Work

Steps to Success

For up to **30%** of the world's population, skin conditions pose very real challenges to daily life¹

Psoriasis can impact an individual's ability to work dependant on which areas of the body are affected²

92% of people with urticaria report sleep disruption as a result of their condition³, leaving them tired and unable to focus³

"...maybe once a month I'm unwell... from the fourth event I'm no longer paid"

Valentina, CSU Skin Impressions ambassador

"I'm a professional dancer... but people didn't want to dance with me"

Melissa, psoriasis Skin Impressions ambassador

However, there are steps you and your employer can take together to improve your working day



2

Consider working from home when your symptoms flare up



1

Discuss your condition so that everyone is aware of your needs



4

Evaluate your environment and ask about heating or humidifier equipment



3

Negotiate a suitable dress code to keep yourself comfortable



6

Organize a more suitable working day, with regular breaks and routines for applying medications



5

Find a place for relaxation, and keep calm

YouTube

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If you have any questions or concerns about your skin condition, or how it's affecting your daily life, then talk to your doctor. For more information on life with a skin condition, why not join our psoriasis or chronic spontaneous urticaria (CSU) Facebook communities, or watch other people talking about their experiences with skin conditions on our YouTube channel.



1. Lawson S et al. J Tissue Viability 2001; 11(3): 113-115.

2. Psoriasis - a simple explanation. Available at: <http://www.papaa.org/psoriasis-simple-explanation>. Accessed February 2015.

3. O'Donnell BF et al. Br J Dermatology 1997; 136: 197-201