



## YOUR MOST VALUABLE TOOLS?

A TRADESMAN'S MOST VALUABLE TOOLS – HIS HANDS – ARE OFTEN OVERLOOKED.

**S**ore, cracked and dry hands can be regarded as just part of the job for builders who get caked in all sorts from cement to PU foam, and whose hands can be in and out of water all day long. Working environments are not always bacteria-free and more often than not you don't have running water to wash your hands. But with around 40,000 new cases of work-related contact dermatitis reported annually, exposure takes its toll and can leave sufferers in crippling pain – and millions of pounds being lost each year in sick days and lost contracts.

GPs reported around 136 new cases of occupational skin disease per 100,000 workers between 2008 and 2010. Although cases have fallen between 1996 and 2010, it is still a serious issue for employees and employers with between 96,000 and 367,000 working days lost due to skin disease in 2001/2.

The irritation of the skin caused by a foreign substance causes inflammation, blisters, rashes or burning skin and can easily be prevented or solved by simply keeping it clean!



Nigel Dibbo, Managing Director of Big Wipes, the tough-on-grime industrial wipes, said: "With damaged hands, every daily task can become difficult and painful. That's why Big Wipes are an ideal addition to a tool box for every tradesman on the move. They are quick and easy to use with no mess, no fuss – and they work on pretty much everything!

"With their 'one wipe shifts the lot' formula, Big Wipes shift muck and make light work of the dirt and grime as well as being anti-bacterial to get rid of any unwelcome germs.

"And with products containing skin conditioners Aloe Vera and Vitamin E, your other half will be pleased when you start coming home with soft hands!"

Big Wipes cut through everything from stubborn PU expanding foams and adhesives to silicone sealants and epoxy grouts. Their unique formula means you can clean-up wherever you are and wipe away the risk of damaging your hands permanently.

And the fact they can be thrown in the bin as soon as they have been used reduces the chance of contamination which can be caused

by wiping your hands on towels, rags or down your trousers.

So, as well as being a health and safety must, the Big Wipes range is suitable not only for skin, but work areas and tools too.

Nigel added: "Cleaning up at the end of any job (and yes even to cleaning up muck left by somebody else on site before you can even get started) is a must. Big Wipes are ideal for this as they will leave the site grime free and gleaming - but you must remember to clean your hands too: they're too valuable for you not to!"







## WORK-RELATED CONTACT DERMATITIS – THE FACTS

- **What is it?** Inflammation of the skin after contact with a substance.
- How can I get it? If your skin is in contact with harsh and abrasive substances or solvents, the top layer of protective skin can be removed, as well as the skin's natural oils.
- **What are the symptoms?** Dry, red and itchy skin are usually the first symptoms but this can deteriorate into a debilitating and painful condition if not treated and prevented. Blisters, swelling, flaking and cracking of the skin could come next.
- **What can I do to prevent it?** Employers have a duty of care to provide gloves or barrier cream but where this is inappropriate, clean your hands regularly with a dermatologically tested wipe such as Big Wipes.

Apprentice Builder has teamed up with Big Wipes to give you the chance of seeing for yourself their amazing no mess, no fuss, powerful gunge removal for free!

We are giving away 40 tubs of the Industrial Plus + red top wipes! If you are a lucky winner you can chuck them in your bag or keep them on the move in the van to make sure wherever you are you can have a no hassle scrub up.

To win a tub of Big Wipes Industrial Plus+, finish the phrase below – 'Big Wipes...one wipe shifts...'

- a) A bit text B446 to 62244
- b) The lot! text B447 to 62244
- c) Some text B448 to 62244

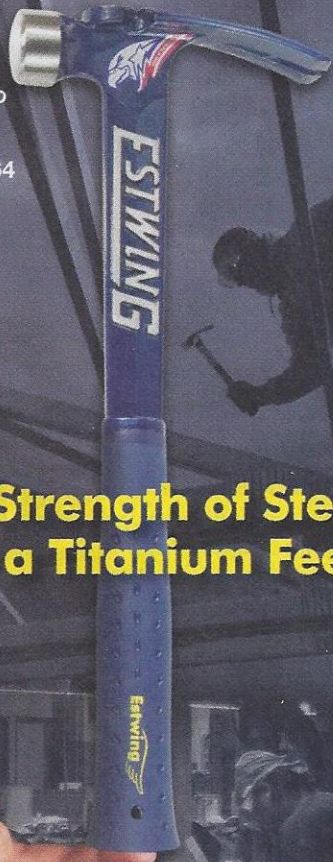


For more about Big Wipes visit [www.bigwipes.com](http://www.bigwipes.com) or [www.facebook.com/bigwipes](http://www.facebook.com/bigwipes). You can follow them on Twitter (@bigwipes) or see Big Wipes in action on our YouTube channel ([www.youtube.com/user/bigwipes](http://www.youtube.com/user/bigwipes))

For more information on work-related dermatitis and Health and Safety legislation, visit [www.hse.gov.uk/skin](http://www.hse.gov.uk/skin)



text B407 to 62244 or scan the QR code on page 64



The Strength of Steel with a Titanium Feel.

ULTRA LITE SERIES  
From Estwing

## ULTRA LITE SERIES

From Estwing

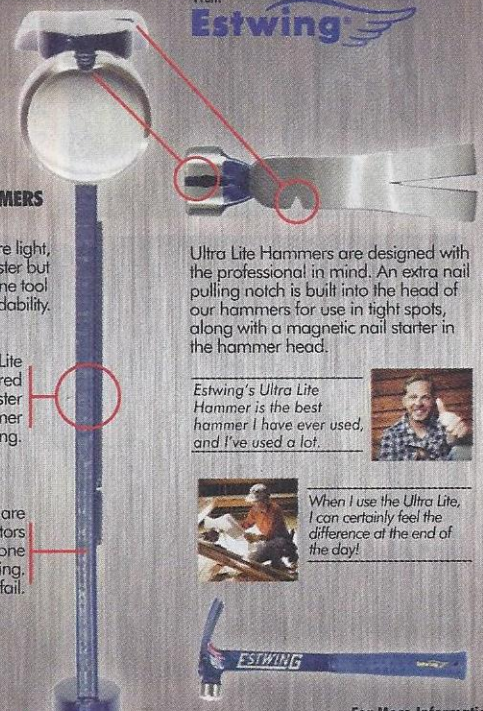
### ULTRA LITE SERIES HAMMERS from Estwing.

Ultra Lite Series Hammers are light, like titanium to drive nails faster but forged in one piece out of fine tool steel for long life and dependability.

Estwing's Ultra Lite Hammers are engineered **lighter** to drive nails faster and with larger hammer faces for easy nailing.

Ultra Lite Hammers are **stronger** than the competitors because they are forged in one piece of steel. No welding. No joints that can fail.

World famous and patented Shock Reduction Grip is the most durable and reliable grip put on any striking tool.



Ultra Lite Hammers are designed with the professional in mind. An extra nail pulling notch is built into the head of our hammers for use in tight spots, along with a magnetic nail starter in the hammer head.

Estwing's Ultra Lite Hammer is the best hammer I have ever used, and I've used a lot.



When I use the Ultra Lite, I can certainly feel the difference at the end of the day!



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[estwing.com](http://estwing.com)





traditional solvent-based paints. Water-based paint can, however, be applied to the surface much more thickly, so, for the undercoat, get it on thick, even it out to stop any running, and then use the tip of the brush to lay off the excess – moving from bottom to top. For the gloss coat, use a sponge to dampen the surface and then simply repeat the process as for the undercoat, albeit with a slightly bigger brush. This process should deliver an impressively high gloss finish.

**LIKE A DUCK TO WATER**

Water-based coatings are growing in popularity for a variety of reasons, from environmental factors, to their relative ease of use. By taking the opportunity now to learn how to get the best out of products, trainee tradesmen could take an important step in ensuring that they have the appropriate skills to succeed for years to come.

For more information on Dulux Paints scan the QR code or use the text code below



gotxt

text **B471**

to **62244**

# BIG WIPES<sup>®</sup>

**THESE BAD BOYS DON'T MUCK ABOUT!**

**CLEANS PAINT, ADHESIVES  
PU FOAM, SILICONE  
GAP FILL, OIL  
GRIME & MORE  
FROM HANDS  
TOOLS & SURFACES**



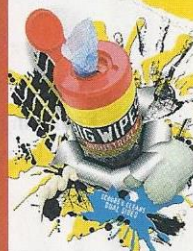
SEE FOR YOURSELF!

**AVAILABLE  
FROM ALL  
GREAT  
MERCHANTS**



**WIN A £100+ CRATE  
OF BIG WIPES STUFF!**

Just find the 'exploding' tub within this issue and enter the FREE competition.



**BIG WIPES INDUSTRIAL+ THE ULTIMATE WIPE...**

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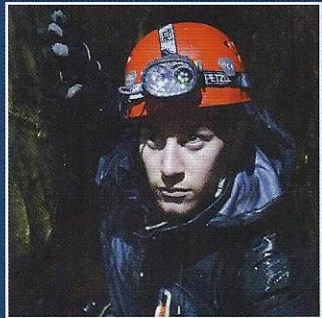


# apprentice builder

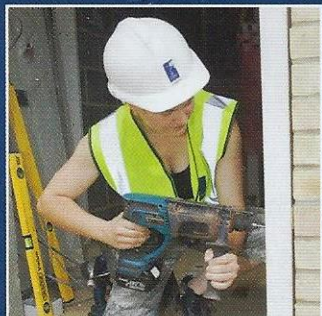


**SUPER MERCHANT  
SWEEP**

**THROUGH  
A KEYLINE  
BUILDERS' MERCHANT**



**SCRUFFS XTREME  
WORKWEAR TEST**



**GETTING TO KNOW THE  
DRILL WITH MAKITA**



**GREAT  
GIVEAWAYS!**  
£1,000s WORTH OF  
FREE STUFF  
INSIDE

APPRENTICE BRICKLAYER DAVID TOMPKINS WORKING AT THE PINEHAM LOCK DEVELOPMENT.