

# How to Wash Your Hands

### The Importance of Hygiene

In certain types of business, hygiene is a legal requirement, such as where food is handled. For other workplaces it is still essential.

#### Essential reasons:

- Washing hands prevents the spread of germs which lead to illnesses such as flu, stomach bugs and even potentially fatal illnesses such as MRSA.
- Contamination on the hands can get onto food, cigarettes etc.
- Contamination can also be passed onto others such as children.

**Employers must provide hand washing facilities that are well stocked and suitably sited.**

Hand washing facilities must be provided in toilet areas and close to food preparation areas. The facilities must include a basin with hot and cold water, liquid soap and paper towels with a waste bin.



### Do's and Don'ts

#### Do:

- ✓ Use a hand cream or lotion, especially if you have to wash your hands regularly.
- ✓ Let your hands dry before putting on gloves.

#### Wash hands before:

- ✓ Treating cuts
- ✓ Handling food
- ✓ Visiting places with sick people or small children.

#### Wash your hands after:

- ✓ Using the toilet.
- ✓ You have touched a contaminant e.g. rubbish.
- ✓ You blow your nose or sneeze, even if you use a tissue.

#### Don't:

- ✗ Turn the tap off with clean hands.
- ✗ Use excessively hot water to rinse your hands.

### Hand Wash Procedure

1. Wet your hands with water.



2. Apply enough handwash/soap to cover your hands.



3. Rub hands palm to palm.



4. Rub right palm over the back of your left hand and vice versa.



5. Palm to palm with fingers interlocked.



6. Backs of fingers to opposing palms with fingers interlocked.



7. Rotational rubbing of left thumb clasped in right palm and vice versa.



8. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



9. Rinse your hands with water.



10. Dry your hands thoroughly with a single use towel.



11. Use the towel to turn off the tap.



12. Your hands are now safe!

