



# Hand Hygiene

*Your health is in your hands*

Hand hygiene is one of the most important ways to reduce the transmission of infections in WORK settings. Hand hygiene encompasses any activity that reduces the level of contamination with microorganisms (germs), for example handwashing, antiseptic handwash, alcohol-based handrub and surgical hand scrub.

- BE THE CHANGE
- WASH YOUR HANDS
- THE BUGS STOPS HERE!



## Hand Washing Steps



Wet hands with water



Use soap



Wash and scrub for 20 secs



Rinse off soap



Turn off water



Dry with paper towel

## Hand Sanitisers

Hand sanitisers can be used if soap and water is not available. The product should be used according to the manufacturers instructions.

- ▶ Alcohol-based hand sanitiser with 60%–95% ethanol or isopropanol work well against a wide range of microorganisms that cause common colds, flu and diarrhoea.
- ▶ Sanitizers do not eliminate all types of germs.
- ▶ Hand sanitizers are not as effective when hands are visibly dirty or greasy.