

## HAND WASHING

Hand washing is the most important way of preventing germs and diseases. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. A good hand washing technique can protect a persons' health and prevent them from getting sick.



It is important that all surfaces of the hands are washed appropriately. A closer examination reveals that certain surfaces of the hands are still covered with germs after a regular handwash.

Rings, watches and other jewelry should be removed before hand washing. Jewelry and soap residue can harbor germs and other dirt that ordinary hand washing cannot reach.

Hands should be washed with soap and water, then dried, preferably, with a paper towel :

- Often, especially during cold and influenza season, can reduce your risk of catching or spreading a cold or influenza
- After going to the bathroom or changing diapers
- Before and after preparing or serving food
- Before and after meals
- Before and after close contact with other persons

Good and appropriate hand washing with water and soap removes up to 90% of bacteria and viruses on hands. The use of alcohol-based hand sanitizers is a good alternative to hand washing, particularly when soap and water are not available, but should not be used instead of soap and water.

In the workplace, hand washing is extremely important to prevent infection from spreading amongst workers and even clients. For example, it only takes about 30 minutes for germs to spread on surfaces and that is why clean hands matter!

## A PROPER METHOD OF HAND WASHING

- Repeat each step 5 times
- A proper method ensuring that all surfaces of hands are clean



1. Palm to palm



2. Back of hands to palm



3. Between fingers



4. Back of fingers



5. Base of thumbs



6. Back of fingers to palm