

Hand Washing and Sanitizing

Best Defense Against Infection



Why is hand hygiene important?

- Poor hand hygiene can spread disease causing microorganisms to food, objects that people touch, directly to others, from objects to you.
- Proper hand hygiene is the number 1 way to prevent the spread of disease!



What is Handwashing?

- Dictionary defines handwashing as “*the action or process of washing one's hands*”.
- Handwashing is the process of using soap and running water to **physically** remove visible and invisible contaminants from the hands.



Steps for Proper Handwashing

1. Wet your hands with running water — (using a temperature that is comfortable for you)
2. Apply soap to one hand.
3. Rub hands together vigorously to lather well.
Friction is the key!



Steps for Proper Handwashing (cont'd)

4. Wash all parts of both hands including the backs, between fingers, wrists and under the finger nails for **20 seconds** (sing *Happy Birthday* twice).
5. Rinse well with running water.



Steps for Proper Handwashing (cont'd)

6. Dry your hands with a clean or disposable towel.



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7. Use the towel to turn off the faucet.



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What is Hand Sanitizing?

- Hand sanitizing is the use of a liquid or gel (usually alcohol based) to decrease the number of infectious agents (microbes) from the hands.
- Hand sanitizing does not remove dirt from the hands but does kill a great number of pathogenic microorganisms.



Steps for Sanitizing Hands

1. Pump a generous amount of sanitizer into the palm of 1 hand. **It is important to use enough that you can rub hands for 20 seconds without sanitizer drying.**
2. Rub the palms together vigorously
3. Rub the palm of right hand over the back of the left hand while using the fingers of the right to rub between the fingers of the left. Then switch and do the other hand
4. Rub palms together while using fingers of one hand to rub sanitizer between the fingers of the other hand and switch.
5. Rub the backs of the fingers of each hand with the palm of the other hand.
6. Rub each thumb with the palm of the other hand
7. Use finger tips of one hand to scrub the palm of the other hand and then switch.



Steps for Hand Sanitizing (cont'd)



Rub hands palm to palm



Right palm over left backhand with interlaced fingers and vice versa



Palm to palm with finger interlaced



Backs of fingers to opposing palms with fingers interlocked



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



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



Washing vs Sanitizing?

- Hands should be washed with soap and running water when they are visibly dirty. Hand sanitizer will not remove dirt.
- Hand sanitizer is convenient, portable and easy to use anywhere.
- Hand sanitizer is 99% effective at killing germs on hands if used properly.
- Both are useful in preventing the spread of many illnesses.



Reminders

- It is important to keep hands clean to prevent the spread of germs.
- Handwashing is effective at removing visible soil on the hands as well as germs but requires soap, running water, clean towel and at least 20 seconds.
- Hand sanitizer is convenient and portable and effective at destroying germs on the hands if done properly for 30 seconds.

