

Hand Hygiene

Hints and Tips

Harmful bacteria can spread very easily from hands to food, work surfaces, equipment and food contact areas. Effective hand washing helps to prevent this.

1 Access to hand wash station:

- Hand wash sinks should be provided with hot and cold water and liquid hand soap preferably through a sealed dispenser to avoid contamination.
- Paper towel should be provided to dry your hands.
- Hand wash sinks should be separated from utensil and food preparation sinks.

2 When to wash your hands:

Hands should be washed regularly throughout the day and ALWAYS after the following:

- When entering the kitchen e.g. after a break or going to the toilet
- Before touching ready-to-eat foods
- After touching raw meat/poultry and eggs
- After emptying bins
- After cleaning
- After touching a cut or changing a dressing

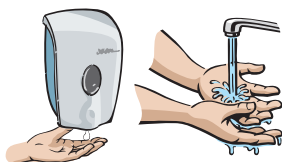
3 Skin care

- Non-perfumed hand creams can be used to soften hands and prevent cracking of the skin
- Provide creams in sealed dispensers rather than communal pots of cream to avoid contamination
- Some hand soaps contain emollients which help to moisturise and soften the skin

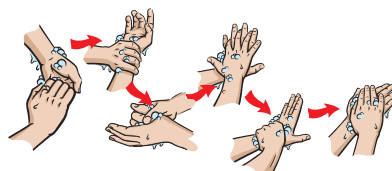


4 Hand sanitisers

Hand sanitisers (alcohol hand gels) can be used to sanitise your hands provided that your hands are CLEAN and there is no visible dirt on them. Using a hand sanitiser over soap and water takes less time and does not require access to a sink. Therefore this can be useful in situations where there is no sink available. Hand sanitiser can be used as an addition to hand washing but should NOT be used as a substitute for hand washing with soap and water.



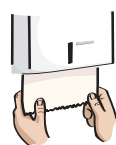
Wet hands before applying soap. Dispense one measure of antibacterial soap.



Wash hands thoroughly. Rub hands, fingers and thumbs, wrists and forearms until soap lathers.



Rinse. Remove all traces of lather.



Dry hands. Achieve satisfactory hand hygiene.



Apply alcoholic disinfectant rub. Rub hands for 30 seconds until alcohol evaporates.