HEALTH & SAFETY

HANDWASHING GUIDELINES

**1. INTRODUCTION** 2

**2. SCOPE** 2

**3. HANDWASHING GUIDEDANCE.**  3

**APPENDIX A** – Visual Guide.

1. **Introduction**

This guide has been complied to assist staff and pupils in achieving effective hand cleansing.

1. **Scope.**

Staff, pupils and visitors

**Hand Washing Guide**

**How to wash your hands**

* Roll up long sleeves
* Wet hands under warm running water
* Apply soap
* Rub hands using the ‘six step technique’ described in Appendix ‘A’. Each step consists of five strokes forward and backward and should take approximately 15-30 seconds.
* Dry hands thoroughly
* If decontaminating hands with an alcohol hand rub (Sanitizer), hands should be free from dirt and organic material. This is not a substitute for soap and water and should only be used when efficient hand washing facilities are not available.
* Ensure all surfaces of the hand are covered in the solution
* Rub hands together vigorously until the solution has evaporated and hands are dry
* Alcohol hand rub should only be used a maximum of 3 times then hands must be washed
* Ensure alcohol has fully evaporated as residue can catch fire if exposed to an ignition source.

**Hand drying**

* Wet surfaces transfer micro-organisms more effectively than dry ones
* Ensure your hands are dry using a dryer or paper towels as available
* Inadequately dried hands are susceptible to skin damage
* Regular use of a moisturizing hand cream will help prevent skin damage

**APPENDIX ‘A’**

**Washing Hands**

