HAND HYGIENE: FOR A HEALTHY WORKPLACE



The single most important route for the spread of infection is the hands.¹ To help keep yourself and your colleagues safe at work, it's important to practice proper hand washing. Following hand hygiene procedures will help to prevent the spread of viruses such as Coronaviruses and Noroviruses.











You will need:

Running water (warm or cold)

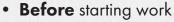
Soap (one pump of GOJO® soap is about right)

Paper towels (single use)

Method:

- 1. Wet hands under running water
- 2. Add soap
- 3. Rub palms together vigorously to create lather
- 4. Rub hands together, making sure all areas are covered in soap
- 5. Rinse hands to remove all soap and dry hands thoroughly

Remember to wash your hands:



- Before and after using shared equipment
- After using the toilet
- After blowing your nose, coughing, or sneezing
- Before and after treating a cut or wound
- After touching rubbish or cleaning
- Before and after preparing or eating food

For a complete hand hygiene solution, use hand sanitisers where soap and water are not available and to complement your hand washing. Remember to moisturise your hands after hand washing to ensure skin stays healthy and well-conditioned.





