

# HAND HYGIENE: FOR A HEALTHY WORKPLACE

The single most important route for the spread of infection is the hands.<sup>1</sup> 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** starting work
- **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



**If your hands are dirty with a tough soil such as grease, oil, tar, or paint, use a heavy duty formula to remove it rather than regular soap.**

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.

1. "The effectiveness of hand hygiene procedures in reducing the risks of infections in home and community settings including handwashing and alcohol-based hand sanitizers" Sally F. Bloomfield et al.  
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