



# TEACH PROPER HAND WASHING *technique*

Studies show that more than 50% of employees in the healthcare industry do not properly wash their hands. This easily explains why 80% of all infectious diseases are transmitted by touch.

Hand hygiene is now regarded as one of the most important practices in controlling infections in healthcare. In the wake of the growing burden of health care associated infections (HAIs), the increasing severity of illness and complexity of treatment, superimposed by multi-drug resistant (MDR) pathogen infections, health care practitioners (HCPs) are reversing back to the basics of infection prevention by simple measures like hand hygiene. This is because enough scientific evidence supports the observation that if properly implemented, hand hygiene alone can significantly reduce the risk of cross-transmission of infection in healthcare facilities.

Here is a handwashing activity you can perform with your staff to visually illustrate the importance of proper handwashing.

## METHOD

- ▶ Identify (4) volunteers.
- ▶ Pour 1 Tsp of vegetable oil in each of their hands. followed by 1 Tsp of cinnamon.
- ▶ Instruct them to rub hands dispersing oil & cinnamon.

*Direct 4 volunteers to handwashing facilities and privately give the following instructions:*

- Volunteer 1:** Instruct to wash hands using NO soap.
- Volunteer 2:** Instruct to wash hands w/no rubbing.
- Volunteer 3:** Instruct to wash with cold water.
- Volunteer 4:** Instruct to use proper handwashing technique

Have staff visually inspect and smell the hands of the volunteers to identify the techniques used.

Discuss the importance of proper handwashing, when to wash & no bare-contact with ready-to-eat foods.

## WHEN IS IT NECESSARY TO WASH HANDS:

### BEFORE:

- ▶ Beginning to work & after breaks
- ▶ Food Preparation & service
- ▶ Putting on or changing gloves
- ▶ Assisting a customer with dining
- ▶ Handling medication

### AFTER

- ▶ Handling raw meats, poultry or fish
- ▶ Troughing dirty dishes, equipment or utensils
- ▶ Handling trash, money, the phone & other unclean objects
- ▶ Using chemicals
- ▶ Sweeping, mopping or wiping counters
- ▶ Coming in contact with bodily fluids
- ▶ Using the restroom
- ▶ Coughing, sneezing or using a tissue
- ▶ Touching hair, face or body
- ▶ Smoking, eating, drinking or chewing gum
- ▶ Any time the hands may become contaminated.