

Hand Hygiene Information

Introduction

Hands are used every day for many different tasks and as a result of contact with other people, equipment or surroundings they can become contaminated with germs. Hands that are not properly cleaned can be responsible for the spread of a wide variety of germs, some of which could cause infection. Hand hygiene is the most important method of preventing and controlling the spread of infections.

The following information will highlight the important factors of hand hygiene coupled with product recommendations in order to help you maintain the required standards.

When to wash your hands

- After visiting the bathroom
- Before and after preparing food
- Before eating food
- After baby changing or attending to someone who has been to the bathroom e.g., your child
- After contact with waste/rubbish bins
- After sneezing, coughing and blowing your nose
- Before and after tending to someone who is ill
- Before and after treating a wound
- After touching pets or animals
- After playing outside (children)

Take time to wash your hands properly

Many people do not realise that there is a correct way to wash hands. Leaving the washroom and rinsing your hands under the tap before drying them on your clothes is not sufficient – soap and water followed by correct drying procedures are essential to hand hygiene in any environment.

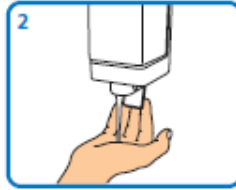
The correct hand washing procedure:

- Wet your hands using clean running water (preferably warm water if available). Apply soap (preferably from a hand dispenser)
- Create a lather by rubbing hands together
- Work the lather around the hands paying attention to the front, back, in between fingers and finger nails for **15 - 30 seconds**.
- Rinse hands under running water removing all soap residue
- Dry your hands using either a paper towel or a hand dryer
- Turn tap off using paper towel (if possible)

Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



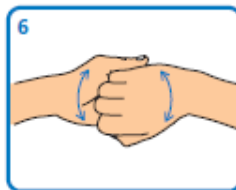
3 Rub hands palm to palm



4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



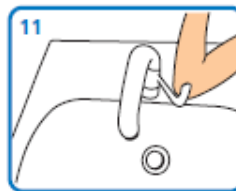
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15-30 seconds

There is no substitute for soap and water and they should be used wherever possible, however, there are situations where soap and water are not readily available – in this case alcohol hand sanitiser should be used.

Essential Facilities:

- Facilities such as basins should be easily accessible to staff, customers, patients and visitors
- Basins must have liquid soap with dispensers, paper towels and foot operated waste bins within healthcare establishments. However, these things are recommended generally
- Alcohol gel must be available at the point of care in all primary and secondary care settings (National Patient Safety Agency 2004)

Hand drying:

- Wall mounted paper towel dispensers are the most effective way to dry hands.
- Drying hands on towels, clothes or reused materials can re-contaminate hands.
- Wet hands carry a higher percentage of pathogens

Alcohol hand sanitiser improving hand hygiene:

Improved hand hygiene within healthcare establishments directly reduces the transmission of antimicrobial resistant organisms such as MRSA. A contributing factor to improved hand hygiene has been the widespread introduction of alcohol hand sanitisers throughout the industry.

Using Alcohol Hand Sanitiser:


Firstly, all alcohol hand sanitisers vary in use. It is advised that the COSHH information for each individual product is firmly adhered to. The following Information relates directly to Sky Chemicals' Zircon Hand Sanitiser.

- Initially wash and dry hands to remove soiling
- Apply alcohol hand sanitiser to palm
- Rub around the hands and lower forearms, paying attention to the skin's natural creases and fingernails
- Do not dry hands – product will quickly evaporate
- Re-apply when necessary (e.g., in between patient contact)

The benefits of Zircon Alcohol Hand Sanitiser:


- Zircon kills bacteria to help prevent cross infection
- Effective against MRSA, food poisoning the viruses that cause aids and Hepatitis B
- BS EN 1276 Approved
- Quick acting and highly effective
- Evaporates from hands without the need for water/drying
- Contains glycerine for added skin protection

- Small bottles that clip to clothes for personal transportation and wall mounted hand pumps are available to make them accessible to users and unavoidable to those who are forgetful.
- It is odourless and food safe



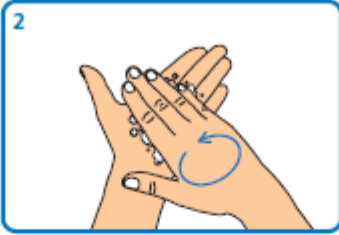
Alcohol handrub hand hygiene technique – for visibly clean hands

1




Apply a small amount (about 3 ml) of the product in a cupped hand

2




Rub hands together palm to palm, spreading the handrub over the hands

3



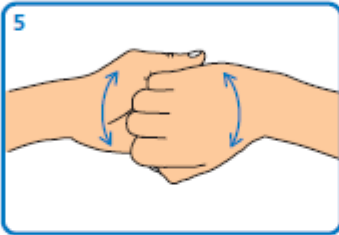
Rub back of each hand with palm of other hand with fingers interlaced

4




Rub palm to palm with fingers interlaced

5



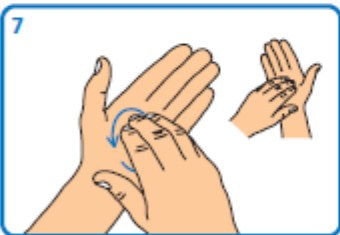
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6




Rub each thumb clasped in opposite hand using a rotational movement

7



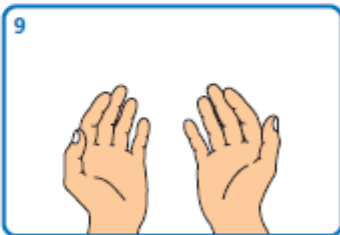
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8



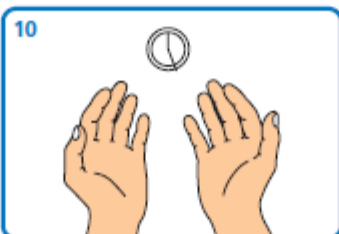
Rub each wrist with opposite hand

9





Wait until product has evaporated and hands are dry (do not use paper towels)

10



The process should take 15–30 seconds





Note: Hand sanitisers are not a direct substitute for soap and water. Soap and water should always be used where possible and to remove soiling from contaminated hands. Alcohol hand sanitisers will remove bacteria but not visible dirt.

Other useful practices:

- Keep nails short and clean
- No false nails or nail polish should be worn (within healthcare)
- Broken or damaged skin should be covered with a waterproof dressing
- Avoid wearing rings or hand/wrist jewellery where possible
- Use gloves when necessary

Disposable gloves

- Should be worn during procedures in healthcare that involve contact with bodily fluids such as urine, blood and excrement etc. patient cleaning and bed making, decontaminating and general cleaning.
- They should be applied to clean hands – the use of gloves does not substitute soap and water.
- Gloves should be put on immediately before a procedure and removed immediately after.
- Gloves should be disposed of in specifically allocated waste disposal units/bins.
- Not all gloves are suitable for all tasks. The task at hand must be considered before the material of glove is selected.

Latex	Suitable for handling contaminating fluids
Neoprene/Nitrile	An equal alternative to latex. Some people are sensitive to latex.
Vinyl	<u>Not</u> for handling contaminating fluids
Polythene	<u>Not</u> suitable for clinical settings/ handling contaminating fluids
NB. Always check local policy for your workplace	

How we can help:

Sky Chemicals offer a wide range of **HAND HYGIENE PRODUCTS** such as hand wash, hand sanitisers, gloves etc. and services for the prevention and control of cross infection.

Services

We can also provide:

CLEANING SCHEDULES – These allow you to ensure regular and consistent cleaning practices and can be used by all staff members.

WALL POSTERS – For staff, patients and visitors; to either instruct a correct method of cleaning or to remind visitors to use the personal hygiene measures available.

HYGIENE INFORMATION - Additional hygiene information can be extremely useful. Knowledge is paramount when it comes to dealing with hygiene and understanding what is deemed hygienic.

DILUTION GUIDES – Allow you and other staff members to easily reference dilution rates for each product – helping to keep costs down by not using too much of the product – or not enough.

MICRO-BIOLOGICAL REPORTS - Specialist information is available to inform about the technical properties of the product/ the bactericidal, virucidal and fungicidal efficiency of the product

Products available

PERSONAL HYGIENE/HAND CARE

Recommended: **ZIRCON: Alcohol Hand Sanitiser**

Features:

- Sanitising product - Quickly kills bacteria
- No need for water. Apply to dry hands - will evaporate
- Ideal for use in between patient contact
- Moisturising
- Effective against viruses and bacteria that cause food poisoning, AIDS and Hepatitis
- BS EN 1276:1997 approved (British Standards)
- Use after washing hands and in between
- Odourless and taint free (food safe)
- Tottle bottle with clip available for ease of use

Zircon Accessories:

- Tottle bottles with clothes clip for convenience
- Wall Dispensers
- 500 ml hand pump
- Wall bracket
- Bed bracket

Recommended: **UTOPIA: Bactericidal Hand Wash**

Features:

- Highly effective against bacteria
- Cleans thoroughly
- Gentle to skin
- Odourless and taint free (food safe)
- **Also available:** Hand pumps dispensers, pelican pumps, wall dispensers, bed brackets

Recommended: **Vinyl Gloves or Latex Gloves**

Features:

- Protects hands
- Essential to help prevent cross infection
- Disposable
- Available in convenient box of 100 pairs