



## Advanced Hand Hygiene

Unclean hands are by far the biggest risk in the spread germs and diseases.

**It is, singularly the most important thing for all of us to know, and do correctly!**

The problem, however, is that we have always told you to wash your hands for 20 seconds. Now that's great except for one thing. We don't do it!!!

### SECTION 1

#### How Hands Contaminate

##### **Hands – A Perfect Place for Germs**

In this first section we start with a lesson to learn more about our hands and our skin than you may ever want to!

##### **Consequences of Poor Hand Washing**

In this lesson you will learn the 'inconvenient truth' about why 90% of us never wash our hands properly.

##### **Unconscious Actions**

In this lesson you will learn how we are constantly touching our face and how that can cause problems for us.

##### **A New Way to Think About Germs**

In this lesson we are using a way to imagine how bugs get everywhere and what we can do to survive living in the 'bug jungle'

## SECTION 2

### Hand Hygiene – Knowing and Doing!

#### **Cleaning and/or Sanitising Hands**

In the second section we focus on the principle issues – and in this lesson learn about the difference between cleaning and sanitising and how soap and alcohol hand sanitisers are effective in getting rid of germs on our hands.

#### **Practical Hand Hygiene**

In this lesson you will get more information to really drive home how you must wash your hands properly.

#### **“Life-Savers”**

In this lesson I will pass on my 50 years of knowledge as an Environmental Health Officer and give you my three top tips to really get your hand hygiene to ‘gold standard’. We will also learn an important thing about the common stomach bug caused by noroviruses.

## SECTION 3

### What About? (FAQ's)

#### **Cold or Warm Water?**

In this section we start going through frequently asked questions (FAQ's) about hand hygiene – starting with “Must I use hot water to wash my hands”?

#### **Bar or Flowing Soap?**

In this FAQ we will discuss bar soap and flowing soap and which is the best choice.

#### **Is Antibacterial Soap Better?**

In this FAQ we will look at plain and antibacterial soaps and whether one type is better than the other.

#### **Jewellery, Watches, Fingernails?**

In this FAQ we will take a practical look at how hand jewellery can affect hand hygiene – something of particular importance to food handlers!

#### **Nailbrushes?**

This FAQ deals with one of the most polarising issues – whether we must use a nailbrush! – An interesting discussion you will not want to miss and it does provide a best option for using them.

#### **Best Ways to Dry Hands?**

In this FAQ the hand drying options are discussed. If you consider that hand drying removes dead skin and bugs it will be obvious which is the worst choice!

#### **Food Gloves?**

My own favourite FAQ which looks at the pros and cons of using food gloves – they have their place but can give false confidence about your hand hygiene.