

# TOOLBOX TALK

## Good Practice for Washing Hands

One of the government's recommendations to help prevent the spread of Coronavirus is to increase the frequency of handwashing. Below is some guidance in best practice on how best to wash your hands.

### Why wash your hands

Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which can spread illnesses such as food poisoning, flu or diarrhoea.

It can help stop people picking up infections and spreading them to others.

### When to Wash your hands

You should wash your hands:

after using the toilet or changing a nappy

before and after handling raw foods like meat and vegetables

before eating or handling food

after blowing your nose, sneezing or coughing

before and after treating a cut or wound

after touching animals, including pets, their food and after cleaning their cages

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## Hand-washing technique with soap and water



Wet hands  
with water



Apply enough soap  
to cover all  
hand surfaces



Rub hands palm  
to palm



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



Rub palm to palm with  
fingers interlaced



Rub with back of fingers  
to opposing palms with  
fingers interlocked



Rub each thumb clasped  
in opposite hand using a  
rotational movement



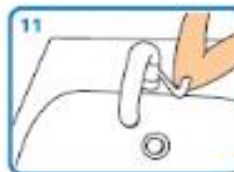
Rub tips of fingers in  
opposite palm in a  
circular motion



Rub each wrist with  
opposite hand



Rinse hands  
with water



Use elbow to  
turn off tap



Dry thoroughly with  
a single-use towel



Hand washing should take  
15-30 seconds

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## Alcohol handrub hand hygiene technique – for visibly clean hands



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



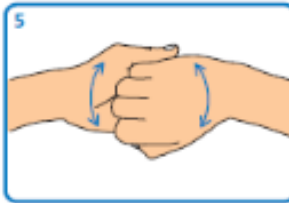
2 Rub hands together palm to palm, spreading the handrub over the hands



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



4 Rub palm to palm with fingers interlaced



5 Rub back of fingers to opposing palms with fingers interlocked



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



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



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