



Effective hand washing should take approximately 45 Seconds.

HAND HYGIENE

Hands are one of the most common vehicles for transfer of bacteria to food and can become contaminated in a number of ways.

Lack of hand washing when required and not following a correct hand washing procedure are the most common problems observed.

25% of Women and 50% of Men do not wash their hands after going to the bathroom.

Those that do, only 30% of them use soap.



Areas Commonly Missed

The blue areas on the illustration show the areas commonly missed or poorly washed



WHEN SHOULD YOU WASH YOUR HANDS?

- After touching hair, nose, mouth or ears.
- Before eating.
- After smoking, coughing or blowing nose.
- After visiting the toilet.
- Before and after handling food, in particular allergens.
- Before handling packaging.
- After handling waste.
- Before putting gloves on and after removing them.
- After touching dirty surfaces.
- Before and after changing or putting on a plaster or touching damaged skin.
- After dealing with a bodily fluid spillage incident.
- Before and after carrying out any cleaning tasks.

COMMON REASONS FOR PEOPLE NOT WASHING THEIR HANDS

- Water too hot or cold to clean hands.
- "It will be ok I haven't been to the toilet."
- Laziness.
- No soap or broken dispensers.
- Inadequate amount of hand washing stations
- Lack of knowledge.
- Time constraints.
- Discomfort, some people may not like the feeling of wet hands.
- Forgetfulness.

Hand Hygiene Quiz

Name: Department:

1. What are the most common areas of the hand missed when washing your hands?

Answer:

2. After when should you wash your hands?

Answer:

3. Effective hand washing should take approximately how long?

Answer:

4. Why do we wash our hands when working in food production facilities?

Answer:

5. What is a common reason for not washing hands?

Answer:

