

# HAND WASHING

Contaminated hands can transmit disease because they act as a reservoir for bacteria and viruses. Glo Germ™ which is luminescent under UV light, was used to show the importance of proper hand washing techniques. The pictures below show the results of the contamination.

## BACKGROUND ON HAND SANITISING

Among the various products available (soaps, scrubs, antibacterial formulas, and alcohol hand rubs), alcohol-based products have the most rapid bactericidal action (tested without organic material present on hands)<sup>1</sup>.

Studies have shown that increased hand hygiene due to the presence of alcohol-based products have been attributed to the availability of product dispensers and the minimal time required to use<sup>1</sup>.

Studies have also shown that the use of alcohol products was overall less costly than traditional hand washing because of the longer time required for hand washing as well as the added costs of paper towels and water<sup>1</sup>.



Clean Hands



Dirty Hands - the orange glow indicates broad contamination

## Hand Washing & Sanitising Tips



focusonmore.com CC BY-2.0

### Alcohol Based Sanitizer

Application time: 20 – 30 seconds

1. Apply a palmful of alcohol-based hand-rub and cover all surface of the hands.
2. Rub hands until dry.

### Soap and Water Wash - Application time 40 – 60 seconds

1. Wet hands with water and apply enough product to cover all surfaces.
2. Rinse hands with water and dry thoroughly with a single-use towel. Use clean running water whenever possible. Avoid using hot water, as repeated exposure to hot water may increase the risk of dermatitis.
3. Dry hands thoroughly using a method that does not re-contaminate hands. Make sure towels are not used multiple times or by multiple people.
4. Liquid, bar, leaf or powdered forms of soap are acceptable. When bar soap is used, use small bars of soap in racks that allow the bars to dry in between use.



Fairfaxcounty CC BY-ND 2.0

**Good  
biosecurity  
practises start  
with you!**

#### References

1. National Institute of Health "Effect of Guideline Implementation on Costs of Hand Hygiene". Patricia W. Stone, PhD, RN, Sumya Hasan, Dave Quiros, MD, and Elaine L. Larson, PhD, RN,
2. World Health Organization Guidelines on Hand Hygiene in Health Care: a Summary