

## TOPIC: HAND HYGIENE

**ACKNOWLEDGE:** Thank you for being here and participating in this safety talk. I know your time is valuable, so I will ensure every moment of this talk is worth your while (*Make eye contact with the entire group*).

### Training Tips:

**Ask a lot of questions** while delivering your Safety Talk. Questions 'hook the mind' and engage your participants. The simple act of asking questions is a High Impact Training technique!

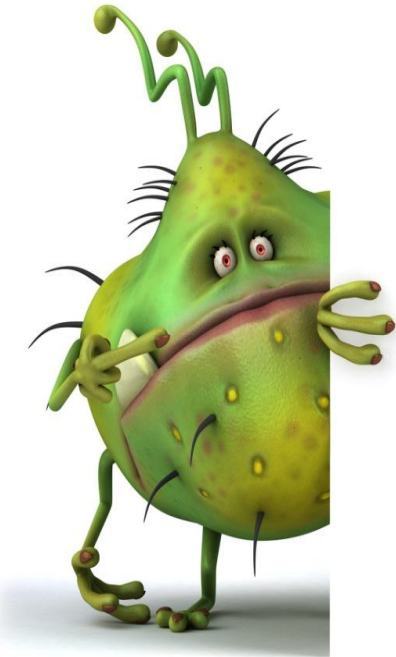
**Raise a hand when asking questions** directed to your audience. You'll often find that people are more willing to answer your questions and become active participants. . . try it out! Also, pause for a moment after asking a question; waiting for and encouraging responses from the group.

**Provide an example of a personal experience** (or a recent news event). For instance: "A close friend of mine once \_\_\_\_\_", or "Just last week \_\_\_\_\_". This is a very effective method to help participants relate to your topic. It often helps them to realize: *'Yeah, this could affect me. I should listen to this.'*

## GROSS FACTS

- Typically you can find between 10,000 & 10 MILLION bacteria on each hand!
- 80% of all infectious diseases are transmitted by touch
- When you cough germs can travel approx. 3 meters if you do not cough into your sleeve
- Bacteria double their number every 20 minutes
- Even though 95% of the population admits to washing their hands after using the toilet, monitoring has indicated only approximately 67% do so! YUCK
- After using the toilet, the number of germs on your fingertips doubles
- Fingernails and fingertips have the most organisms. Any Nail Biters out there?!

**What's In It for Me (WIIFM)?** How many of you regularly wash your hands (i.e. before eating or touching food; before feeding children; after using the bathroom; after helping a child use the toilet or changing diapers; after blowing your nose, coughing or sneezing, etc.?). If you are the 67% of people that do... look around... who are the 33% of your workforce that do not? Hopefully WE at (enter your company name here) is the exception with a 100% of our employees washing their hands. In reality this is unlikely, so what do we do? We cannot force everyone to wash their hands... all we can do is self manage.



**Micro-organisms are found everywhere! Soil, air, water, in your guts and on your skin.** By in large, micro-organisms are not harmful to people and often do good by breaking down waste. We couldn't live without them. However sometimes, when they are in the wrong place, they are harmful to our health.

**Micro-organisms include the following:**

**VIRUSES** – Smallest type of germ. Viruses are the cause of infections such as colds, flu, and chickenpox.

**BACTERIA** – Is a single cell organism. Although our body is home to millions of bacteria, some can cause diseases such as: food poisoning, Meningitis, and Whooping Cough.

**FUNGI** - Most common types include bread mold, and mushrooms, and fungi feed in other organisms and play an important role in aiding decay. Out of thousands of fungi species a few can cause human disease. These include: ringworm, athlete's foot, Candida, and skin conditions.

**ASK: WHAT CAN WE DO TO PROTECT OURSELVES? (wait for responses)**

**ANSWER: HAND WASHING, CORRECT!** Hand washing is the single most effective way to prevent the spread of germs (bacteria and viruses). Germs can be spread by the hands in different ways.

- The most common is by direct contact (e.g. hand shaking).
- Germs can also be spread by indirect methods such as touching contaminated objects and surfaces (e.g. door knob) and then touching your mouth, eyes or nose.
- When a person coughs or sneezes germs can be propelled a short distance through the air. These germs do not remain airborne long but can contaminate a surface they land on.

**DID YOU KNOW?**

- Soap will decrease the changes of infectious diseases by keeping virus counts in check
- Warm or hot water has not been proven to increase the effectiveness of hand washing
- 15 seconds of using an alcohol-based hand rub & rubbing it into your hands until dry will almost destroy all potentially harmful germs

**ASK:** Do you know the proper method to wash your hands?

### How to protect yourself and others

- Soap Method
  - Wet hands under running water
  - Apply soap and distribute over hands
  - Rub hands vigorously for 20 – 30 seconds to create a good lather. Sing the tune Happy Birthday in your head, twice!
  - Using friction, cover all hand surfaces including finger nails, web spaces, thumbs and palms
  - Rinse under water
  - Turn off faucet using a disposable towel
  - Dry hands with a disposable towel
- Alcohol-based Hand Rub
  - Apply 2-3 mL of product to the palm of a hand
  - Rub hands together covering all surfaces including fingernails, web spaces, thumbs and palms until product dries (do not wipe off!)
  - **Heavily solid hands require washing with soap and water before using alcohol-based hand rub**
  - Hand-rubs contain at least 60% alcohol, so avoid flammables until your hands are dry



Damp hands spread 1,000 times more germs than dry hands

**TAKE AWAY:** Remember when washing your hands do not forget about the frequently missed areas: the thumbs, palms, web spaces, under the nails, and the back of the fingers and hands. During your day, try to avoid touching your face (eyes, mouth and nose). Rings reduce hand washing effectiveness; they can hide germs, and should be removed.

**STATE:** If you have any questions regarding the topics discussed today, please let me know. If I don't have an answer for you now, I will direct your question to another individual, if you are comfortable with that. We want you to be safe and feel safe while at work!

### **Facilitator, remember to:**

1. Ask for the commitment of your employees,
2. Answer all questions,
3. Thank them for their time and
4. Document that this safety talk occurred.

RECORD OF SAFETY TALK	
TITLE: Hand Hygiene	
Date:	Time:
Talk Given By:	
Company Name:	Work Location Dept.:
Results of inspection, demonstration or other activity or suggestions during talk:	

List of All Employees Who Attended the Safety Talk:	
Name (PRINT)	<i>Signature</i>
1.	
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Signed: \_\_\_\_\_

Position Held: \_\_\_\_\_