

# **Environmental Services**

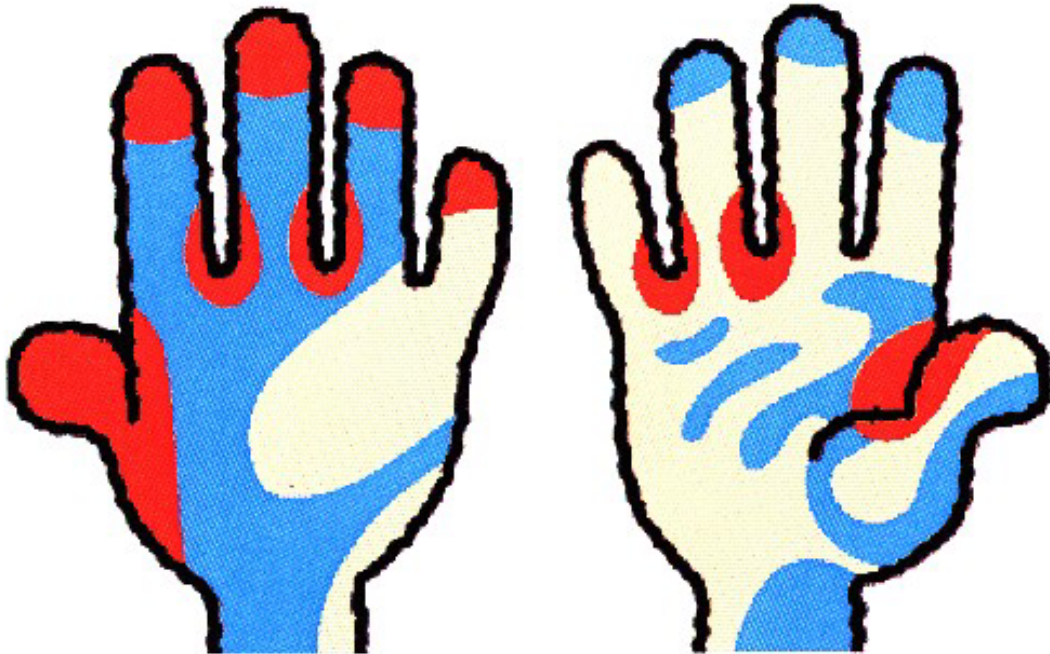
# **How to Wash Hands**

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# How to Wash Hands

We all think we know how to wash our hands but many of us do not do it properly.



 Areas most frequently missed during hand washing

 Less frequently missed

 Not missed

(Adapted from Taylor L (1978), An evaluation of hand washing technique – I. Nursing Times, 12 January, pp 54-55)

Simply rinsing the tips of fingertips under cold water does NOT count. Here are some reminders:

- Always use warm water. It's better to wet hands before applying soap as this prevents irritation.
- Rub hands together vigorously for about 15 seconds, making sure both sides of the hands are washed thoroughly, around the thumbs, between each finger and around and under the nails.

- Then, rinse with clean water.
- Germs spread more easily if hands are wet so dry them thoroughly. Use a clean dry towel, paper towel or air dryer; it doesn't matter which.

## **Did you know?**

1,000 times as many germs spread from damp hands than dry hands.

## **Further Information**

If you would like further information, please contact:

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For more information on food safety please visit our website <http://www.rochford.gov.uk> and follow the links from Business to Food Safety or telephone 01702 318045



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