

## Hand Hygiene Safety Briefing

Topic: Hand washing

Key message: Washing your hands correctly (or using an alcohol-based rub) is the most effective thing you can do to protect yourself and others against a number of infectious diseases, such as influenza (the “flu”) and the common cold.

Slide	Info	Time
Slide 1	<b>What :</b> Good morning/afternoon, my name is _____ and this is a briefing on proper hand hygiene.	1min
Slide 2	<b>Why hand hygiene?</b> Hands pick up micro-organisms (germs) in a number of ways. <ul style="list-style-type: none"><li>• By touching your mouth, eyes or nose when around someone who has sneezed or coughed</li><li>• If you don't wash your hands before and after preparing food, after handling raw meat, and after using the washroom.</li><li>• From the germs left on shared objects like doorknobs, keyboards, and other equipment in the home/workplace.</li></ul>	1min
Slide 3	<b>You should follow these steps to thoroughly rid your hands of germs</b> <ul style="list-style-type: none"><li>• Wash your hands with soap and water for at least 20 seconds</li><li>• Remove any hand or arm jewellery</li><li>• Wash the front and back of hands, as well as between fingers and under nails</li><li>• Wipe and dry hands with paper towel or clean towel</li></ul>	1min
Slide 4	<b>When using hand sanitizers</b> <ul style="list-style-type: none"><li>• An alcohol-based sanitizer can be used if soap and water are not available</li><li>• If hands are visibly soiled, remove the soil before applying an alcohol-based hand sanitizer</li><li>• Make sure hands are dry, as wet hands will dilute the product</li><li>• Use enough product to cover all surfaces of hands and fingers</li></ul>	1min

Slide 5	<p><b>Myths</b></p> <ul style="list-style-type: none"> <li>• Hand sanitizers kill 99.9% of germs – only 40-60% of germs actually are killed</li> <li>• All sanitizer brands are the same – can have different % of ethyl or isopropyl alcohol</li> <li>• Using too much will create resistant super bacteria – alcohol destroys germs upon contact</li> </ul> <p><b>Tips</b></p> <ul style="list-style-type: none"> <li>• Look for an alcohol level of 66-95%</li> <li>• Use it unsparingly</li> <li>• Use alcohol based sanitizers</li> </ul>	1min
Slide 6	<p><b>The use of gloves does not replace the need for the hand hygiene. Below are a few recommendations when using gloves:</b></p> <ul style="list-style-type: none"> <li>• Change or remove gloves after touching a contaminated environment surface</li> <li>• Discard gloves after use</li> <li>• Do not wash or reuse gloves</li> </ul>	1min

### Resources

Local Health and Safety rep

<http://cdha.nshealth.ca/infection-prevention-and-control/hand-hygiene>

[http://novascotia.ca/dhw/publications/Public-Health-Education/03007\\_HandWashingPoster\\_En.pdf](http://novascotia.ca/dhw/publications/Public-Health-Education/03007_HandWashingPoster_En.pdf)

All contacts at the Base Hospital on the DWAN:

<http://Halifax.mil.ca/CFBHalifax/CanadianForcesHealthServices/>

Health Promotion services

902-722-4956