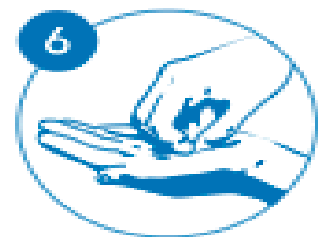
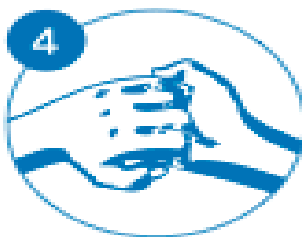
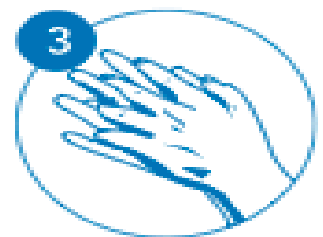


“One Squirt is enough” -

How to keep hands in good condition and prevent dry/sore skin.

- 👉 Always **WET HANDS** thoroughly before washing
- 👉 Ensure water is warm (neither hot nor cold)
- 👉 Obtain sufficient soap for a hand wash by pressing **ONCE** only
- 👉 Follow the six step technique to remove contaminants from all areas of the hands:



- 👉 Washing should take at least 30 seconds to complete
- 👉 **RINSE** thoroughly with **PHYSICAL ACTION** to remove all soap residues from between fingers and the backs of the hands
- 👉 Dry hands completely by carefully patting rather than rubbing with a paper towel

Don't Forget

- 👉 To help keep skin in good condition, apply moisturising cream before breaks and at the end of the shift
- 👉 Washing hands with soap and water before or after using alcohol gel is unnecessary and may lead to dermatitis (WHO, 2009)
- 👉 Donning gloves while hands are still wet from either washing or applying alcohol gel increases the risk of skin irritation

If you do have any queries/concerns regarding any dermatological issues please contact GOSH Occupational Health on Ext. 8554.