



**Clean
Hands**

Stay Healthy



HAND HYGIENE GUIDE

KEEPING HANDS CLEAN & HEALTHY



Make Hands Matter in the Workplace

Make Hands Matter

IF SOMEONE ASKED YOU HOW MANY GERMS ARE TRANSMITTED VIA YOUR HANDS, WOULD YOU KNOW THE ANSWER?

Probably not, but I'm sure you'd know it's a lot!

HANDS are the main transmitter of germs. We use our hands to carry out most tasks during the day. Because we do it so automatically, we almost forget what an important tool they are.

We use our hands to greet people, to type, to write, to eat, to open doors, to work, to

drive...and now imagine how many **GERMS** you have passed on in one hour, let alone a full day...

HELP reduce the spread of germs by washing your hands regularly or sanitising if water isn't available.

Clean hands will not only help you **STAY HEALTHY** but also others around you. You wouldn't want to catch a cold or any other infections that make you ill for days so it is important that you take the first step towards preventing the spread of germs.



The importance of Hand Hygiene

80% OF ALL INFECTIONS ARE TRANSMITTED BY HANDS*¹



Hand Hygiene is just as important as eating and sleeping. We sleep to feel better, we eat to keep us energised, we should ensure we clean our hands regularly to keep healthy.

Sick leave due to colds cost UK businesses £1.3 billion each year*²

With winter season knocking on our doors, we need to ensure that we don't catch that nasty cold and don't pass it on to family members or colleagues at work.

Staying healthy not only contributes to a better lifestyle but also to working more effectively, increasing concentration and lowering absenteeism.

*¹Source: US Centres for Disease Control and Prevention

*²Source: Royal Pharmaceutical Society, 2007

The 3-Steps to effective Hand Hygiene



WASH

Step 1: Hand Wash

An essential step in hand hygiene best practice. Apart from removing any visible soiling from hands, the physical action of a good hand washing technique will remove high levels of bacteria and viruses also present on the skin.



SANITISE

Step 2: Sanitise

Hand sanitising is very useful in reducing bacterial counts on visibly clean hands when access to soap and running water is not available.



RESTORE

Step 3: Restore

This is the most important step in maintaining good skin condition. As a consequence of frequent hand washing it is vital to regularly replenish the natural oils lost from the skin with the use of a reconditioning cream.



Keep your hands clean

When to wash your hands

Always keep your hands clean, especially before and after eating, after coughing or sneezing or using the toilet.

To effectively wash your hands, soap should be lathered and rubbed vigorously around the hands and wrists for at least **40-60 seconds**.

When to sanitise your hands

Sanitising your hands will also kill many germs and be very useful when access to soap and water is not available.

The benefits of hand sanitising

- Speed of use
- Rapid reduction in the numbers of micro-organisms present on the skin
- When used frequently they can be less harmful to the skin than an equivalent number of hand washes

GERM HOT SPOTS



Mobiles



Keyboards



Door handles



Shaking hands



Staircase rails



Light switches



Vending machines

The Deb Solution

The Deb Stoko® range has been carefully designed to cover all user requirements, including:



FOAM SOAP | Refresh™ Clear FOAM

- Perfume-free and dye-free formulation reduces risk of allergic reaction and skin irritation
- Contains skin conditioners to improve skin hydration and prevent drying



HAND SANITISER | InstantFOAM® Complete

- Use without water to kill 99.999% of many common germs
- Perfume-free and dye-free, hypoallergenic, alcohol based hand sanitiser



RESTORE CREAM | Stokolan® Light PURE

- Perfume-free and dye-free mild formulation reduces risk of skin irritation



Take action

Clean Hands are vital in order to stay healthy. Wash or sanitise them regularly to prevent the spread of germs.

Don't forget that keeping your hands clean is not only important for you but also for the people around you.

Spread the word & stay healthy!

HAND WASHING REDUCES THE NUMBER OF PEOPLE CATCHING COLDS BY 45%*

*Source: American Journal of Preventive Medicine

Deb Supporting Materials



Posters



Presentation



Infographics

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