

## How to wash your hands

- Hands should be wet with tepid running water before applying soap
- The hands should be rubbed together for 15-20 seconds so that the soapy water comes into contact with all surfaces of each hand
- It is important to wash under any rings and it is advised to remove wristwatches before washing
- Hands should be rinsed thoroughly and dried properly with a towel

Watch the video at:

[www.wash-hands.com](http://www.wash-hands.com)



## Did you know?

- Sickness absence costs employers £495 a year in direct costs for every worker employed. Indirect costs are probably considerably more (CBI 2005 statistics)
- Norovirus - a common form of sickness and diarrhoea can result in individuals being off work for up to four days
- Handwashing is the best way to avoid colds, flu and other viruses (Professor John Oxford, of London's Queen Mary's School of Medicine, and various others)
- Up to half of all men and a quarter of women fail to wash their hands after they've been to the toilet
- We have between 2 and 10 million bacteria between our fingertip and elbow
- The number of germs on your fingertips doubles after you use the toilet
- Germs can stay alive on hands for up to three hours

# Give soap a chance

By washing your hands you can prevent:

- Diarrhoea and vomiting
- Food poisoning
- Flu
- Norovirus
- MRSA



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**NHS** Working in partnership

Hull and East Yorkshire Hospitals **NHS** NHS Trust East Riding of Yorkshire

Humber Mental Health **NHS** Teaching NHS Trust Hull



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