

HAND WASHING PROCEDURE

How to wash hands with soap and water

1. Wet hands with running water (preferably warm water, for comfort).
2. Apply soap to hands.
3. Lather soap and rub hands thoroughly, including the wrists, the palms, between the fingers, around the thumbs and under the nails. Rub hands together for at least 15 seconds (for about as long as it takes to sing 'Happy birthday' once).
4. Rinse thoroughly under running water.
5. Dry thoroughly.

The process of thoroughly washing, rinsing and drying your hands or a child's hands should take around 30 seconds.

How to clean hands with alcohol-based hand rub

1. Apply the amount of hand rub recommended by the manufacturer to palms of dry hands.
2. Rub hands together, making sure you cover in between fingers, around thumbs and under nails.
3. Rub until hands are dry.

Only use an alcohol-based hand rub if your hands are not visibly dirty. The hand rub should contain 60–80% alcohol.

When to wash children's and your hands:

| For Educators and Other Staff | |
|---|---|
| <i>Before</i> | <i>After</i> |
| Starting work | Taking off gloves |
| Eating or handling food | Changing a nappy |
| Giving medication | Cleaning the nappy change area |
| Putting on gloves | Using the toilet |
| Applying sunscreen or other lotions to one or more children | Helping children use the toilet |
| Going home | Coming in from outside play |
| | Wiping a child's nose or your own nose |
| | Eating or handling food |
| | Handling garbage |
| | Cleaning up faeces, vomit or blood |
| | Applying sunscreen or other lotions to one or more children |
| | Touching animals |
| For Children | |
| <i>Before</i> | <i>After</i> |
| Starting the day at Little Saints or OSHC | Touching nose secretions |
| Eating or handling food | Having their nappy changed |
| Giving medication | Eating or handling food |
| Going home | Using the toilet |
| | Coming in from outside play |
| | Touching animals |