

TOOLBOX TALK
NO.8

HAND HYGIENE



Hand hygiene is **essential**. The hands are the most likely part of the body to come into contact with harmful substances. One of the most important factors is personal cleanliness. An industrial skin protection cream should be used unless gloves can be worn.

Failure to take basic precautions can lead to skin complaints. Dirty hands should be cleaned using proper supplied skin cleansing products. Do not clean hands with white spirit, thinners, petrol, turpentine etc.

Useful Tips:

- ✓ Always ensure that you wash your hands before and after a visit to the toilet
- ✓ Always ensure that your hands are clean before handling food, eating and smoking.
- ✓ At the end of the working day, wash your hands thoroughly with warm water and soap, or use a hand cleaner, rinse and dry well.
- ✓ Skin care products are designed to help maintain a stable and adequately hydrated barrier layer so the skin remains in good condition and retains its protective role.
- ✓ Wear gloves when there is a risk of a hand injury or when handling rough/sharp/hazardous materials.
- ✓ Remember, many materials used at work can cause dermatitis.

Remember

CLEAN HABITS PREVENT DISEASES.

