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Hand Hygiene

Why is Hand Hygiene so important?

While most would find this topic very self-explanatory, hand hygiene is one of the most important ways to stop the spread of infection, especially within sectors such as healthcare and food.

What is hand hygiene?

In layman's terms, hand hygiene refers to the cleaning and disinfection of your hands. This includes the use of products such as hand sanitisers and hand washes.

Why is it so important?

As mentioned, hand hygiene is one of the most important ways to stop HCAIs [Healthcare Associated Infections] from spreading throughout healthcare sectors. Thousands die every year from the spread of HCAIs, so it is necessary for both staff and patients to practice good hand hygiene.

How to effectively disinfect hands?

The best way to proper disinfect hands and skin is to use a combination of hand washing and hand sanitisation throughout the day.

Hand washing is vital alongside the use of hand sanitiser as diseases such as C.Difficile cannot be killed on skin with just hand sanitiser.

You should wash your hands after they have been visibly soiled, after entering any bathroom regardless of if you use it, after dealing with any infected patient, after dealing with food (especially raw meat), and ideally every time you return home. Building a habit of washing your hands regularly will reduce the risk of you and others around you being infected by a potentially dangerous disease.

In between hand washing, it is good practice to sanitise your hands as much as possible. This is to ensure that you have killed any germs that you might have picked up through touch or airborne substances.

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