



# Hand Hygiene Tips & Tricks

## Best Practices for Healthy Skin



Use lukewarm or cooler water (not hot), wet hands before applying soap and rinse well.



Pat hands gently when drying with a paper towel. Vigorous rubbing can irritate skin.



Do not don gloves when your hands are still wet with hand sanitizer or water. This can trap moisture underneath the gloves and irritate skin.



Protect your skin when you're not working. Wear gloves in cold, dry weather, Use a mild soap at home. Apply a thick, high quality lotion before going to sleep

Problems with skin drying and cracking are more prevalent in and around winter for a variety of reasons. These include: the lower humidity and cold increasing the water loss from skin, and lower levels of oils produced by the skin in cold weather. Prolonged contact with hand soap and frequent hand washing can also affect your skin. Even water alone has the potential to dry the skin, this is why skin conditions are more likely in facilities where high hand wash frequency is necessary, such as healthcare environments or where the skin is exposed to moisture and chemicals such as food service establishments.

## How to apply hand rub

- Apply product to palm of one hand
- Rub hands together vigorously covering all surfaces
- Should take at least 15 seconds to dry

## How to wash hands

- Wet hands with lukewarm water
- Apply product to hands
- Rub vigorously covering all areas for a minimum of 20 seconds
- Rinse hands with water
- Pat dry thoroughly with disposable towel and use towel to turn off faucet

For more information, contact Diversey at 1-800-558-2332.