

# HAND SANITIZATION POLICY

## Standard Operating Procedure

### I. Procedure/Purpose

Hand washing is the most effective way to prevent infections to you, coworkers and the animals with which you come in contact. The **best defense against the spread of infection** is to have healthy, intact skin and a **good hand washing technique**. All animal areas should be equipped with a hand sink that is stocked with liquid soap and paper towels. Wash your hands often, using soap and water. Ways to prevent the spread of infections:

Many common viral and bacterial infections can be spread by contact, either from hand to hand or hand to object. Here are some precautions to take to diminish the risk of spreading an infection to yourself, your coworkers or the animals you deal with on a daily basis.

- Cover cuts with bandages and wear gloves for added protection (cuts are more susceptible to infections).
- Keep your hands away from your mouth, eyes, and nose
- Be sure to clean your nails properly. Artificial nails and chipped nail polish have been associated with an increase in the number of bacteria on the fingernails.
- Have a single-use paper towel and soap dispensers available.
- Assume that contact with any animal body fluids is infectious.
- Liquid soap in disposable containers is best. If you are using reusable containers, they should be washed and dried before refilling.

## **Practices to Reduce Exposures by Direct and Indirect Contact**

### **WASH YOUR HANDS!!!!**

- whenever they have been contaminated!
- after removing gloves and before leaving laboratory, procedure or animal room
- after emptying trash or handling other garbage
- after handling soiled bandages or bedding
- after handling individual animals and before moving on to the next animal or task
- before and after eating or handling food
- after using the restroom
- after cleaning animal cages or handling animal body waste products or fluids

### **Steps for Safe Hand Washing**

1. Remove all rings and wet your hands with hot, fresh, running water.
2. Put a small amount (1-3ml) of liquid soap in the palm of one hand.
3. Rub your hands together for at least 10 seconds so you produce lather and provide friction to all surfaces. Make sure you wash your fingers and under your fingernails.
4. Rinse your hands thoroughly with clean running water. Try not to handle the faucets once your hands are clean. Use a paper towel.
5. Pat your hands with a single use paper towel or use hot air dryer.
6. Use hand lotion from single use dispenser to put moisture back into your skin.

### **Three Components of Good Hand Washing**

*Friction.* This removes contamination, dead skin and other particles that contain potentially harmful organisms.

*Soap.* This breaks down skin oils that tend to hold these particles so that they are easier to remove.

*Warm running water.* This removes debris and cleansing agents.

Waterless hand scrubs should only be used as an alternative to washing when there is no water or soap available. These products are made of ethyl alcohol mixed with emollients (skin softeners) and other agents. Their ability to rid the hands of contaminants is not as efficient as using running water and soap.