

# Personal Hygiene – Hand cleansing for remote workers (COVID-19).



Covid-19 is an enveloped virus (This means that the viral genetic material is coated in a lipid (fatty) layer). Washing hands with soap helps to dissolve the lipid (fatty) layer, allowing the virus to fall apart and stopping it from binding to our cells.

**SCC Covid-19 advice:** We all have a part to play in reducing the spread of COVID-19. through practicing social distancing and simple basic hygiene measures. This includes:

- washing your hands regularly with soap and warm water for at least 20 seconds
- using a tissue when sneezing or coughing and throwing it away – the familiar ‘catch it, bin it, kill it’ (Without a tissue, then use the crook of your arm rather than your hand), then always wash your hands
- Try not to touch your face (particularly nose, mouth and eyes)
- Wipe down objects and surfaces regularly

**Washing Hands** (When soap & water is not available). Anti bacteria wipes are no use with the virus. Bacterium and virus are very different and as such wipes should be universal or targeted at viral agents (*subject to availability*).

**Remote / Site workers:** *Hand sanitiser does not work on sweaty, greasy or visibly dirty hands.* When undertaking site work, staff may not have immediate access to hand washing facilities (i.e. Soap and warm water), hence any type of wipes are a reasonable method of cleaning hands, **before** applying hand sanitiser gel.

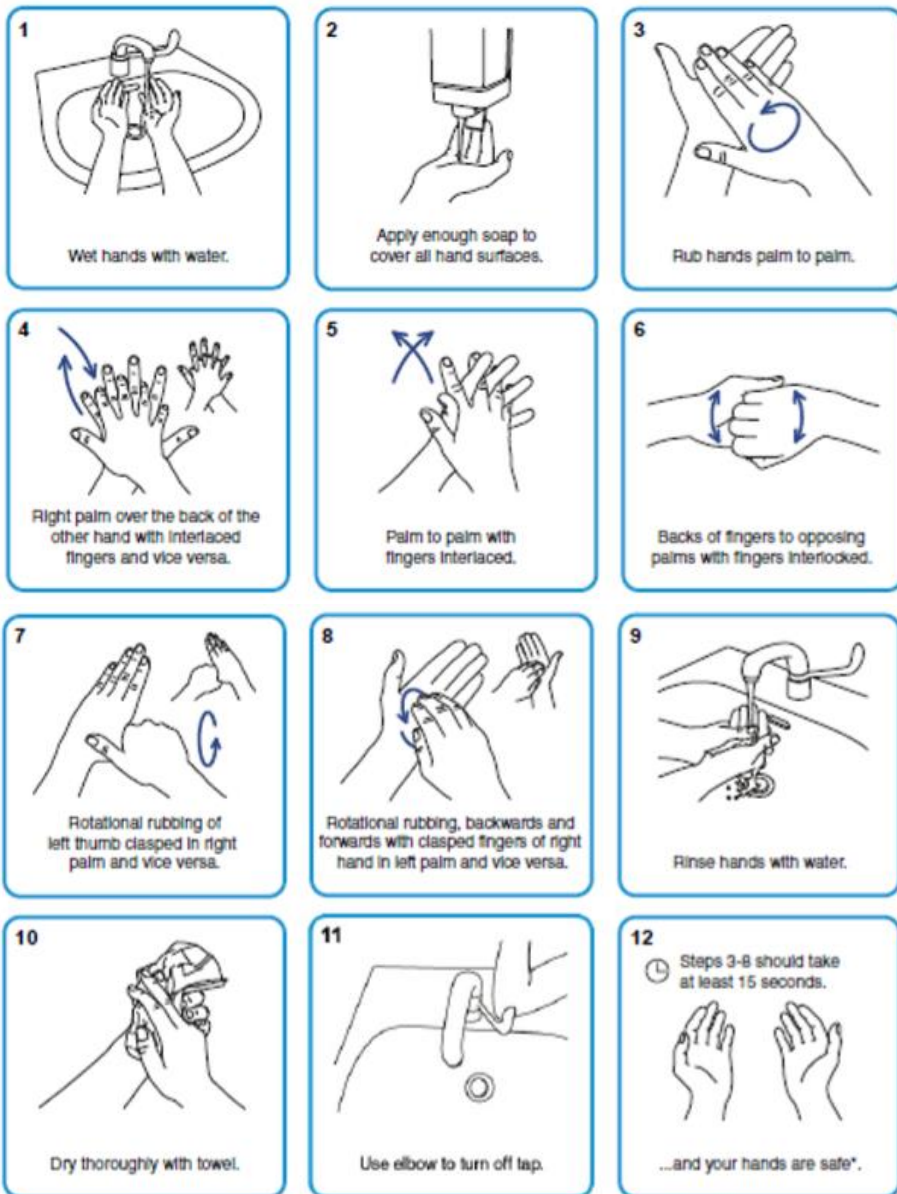
**Remember:** ‘catch it, bin it, kill it’ - Disposable bags (such as nappy sacs) are recommended for disposing of tissues, wipes, gloves etc when working remotely. To be responsibly disposed of when facilities are available.

**Skin reactions:** Discuss any possible skin conditions or reactions with your line manager.



# Best Practice: how to hand wash

Steps 3-8 should take at least 15 seconds.



\*Any skin complaints should be referred to local occupational health or GP.

# Best Practice: how to hand rub

Duration of the process: 20-30 seconds.



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