



Hand Hygiene Standards Policy and Procedure

Purpose and Scope

To ensure that the environment is safe for all people who access the centre.

To ensure staff take appropriate hand hygiene measures to minimise the risk of transmitting disease.

To meet the requirements of the Work Health and Safety Act 2011.

To comply with our requirements as Person Conducting and Business or Undertaking (PCBU)

Policy

Staff are required to adhere to appropriate hygiene practices as a means of preventing or reducing risk of illness/disease to self and others.

Procedure

Bounce Fitness must ensure all staff have access to and use of hygiene equipment and products as listed in this policy and procedure.

Hand hygiene refers to the application of alcohol-based handrub to the surface of the hands or the washing of hands with the use of water and soap.

When performed correctly, hand hygiene results in a reduction of microorganisms on hands.

How to hand rub

1. Apply a palmful of the product in a cupped hand covering all surfaces.
2. Rub hands palm to palm.
3. Right palm over left dorsum with interlaced fingers and vice versa.
4. Palm to palm with fingers interlaced.
5. Backs of fingers to opposing palms with fingers interlocked.
6. Rotational rubbing of left thumb clasped in right palm and vice versa.
7. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
8. Once dry, your hands are safe.

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds



World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

How to hand wash

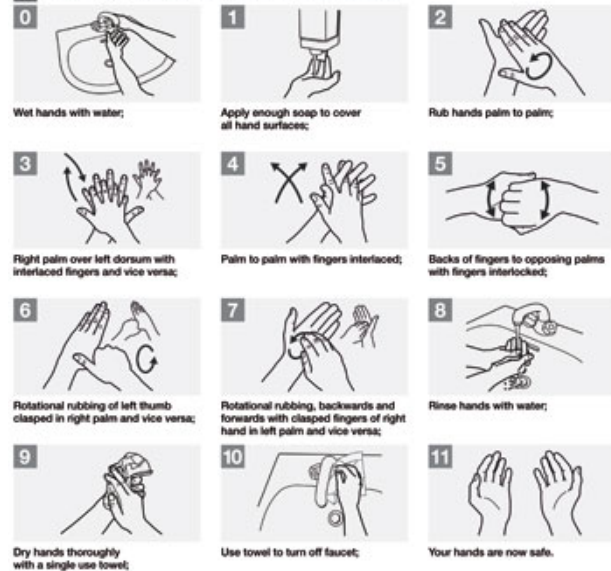
1. Wet hands with water.
2. Apply enough soap to cover all hand surfaces.
3. Rub hands palm to palm.
4. Right palm over left dorsum with interlaced fingers and vice versa.
5. Palm to palm with fingers interlaced.
6. Backs of fingers to opposing palms with fingers interlocked.
7. Rotational rubbing of left thumb clasped in right palm and vice versa.
8. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.
9. Rinse hands with water.
10. Dry hands thoroughly with a single use towel.
11. Use towel to turn off faucet.
12. Your hands are safe.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the handwash (steps 2-7): 15-20 seconds

⌚ Duration of the entire procedure: 40-60 seconds



World Health Organization

Patient Safety
A World Alliance for Safer Health Care

SAVE LIVES
Clean Your Hands

Hygiene equipment and products

Hand wash/soap

A liquid or bar used on hands in conjunction with water to wash away disease/infection causing germs. Soap is generally made from a mixture of sodium salts of various fatty acids.

Running water/ tap

Running water must be provided by way of a basin and tap in order to rinse hands following use of hand wash/soap products to physically wash away disease/infection causing germs.

The basin area must be kept clean and dry at all times to minimise the introduction of other germs.

Paper towel

Paper towel is provided to dry hands after hand washing at a basin. All paper products must be disposed of after use.

Hand sanitiser

A cleaning liquid, gel or foam for use on hands to kill disease/infection causing germs. Hand sanitiser is generally either alcohol based or alcohol free. Bounce Fitness provide alcohol based hand sanitiser as it is found to be more effective at killing germs.

Hand sanitiser is recommended for use when soap and water are not available.