

HAND HYGIENE

Hand hygiene is a fundamental practice to limit the spread of microorganisms and possible contamination in the food, health, etc. sectors.

The cross-transmission of micro-organisms occurs mainly through the hands of operators. Factors affecting surface to surface transfer and therefore cross-contamination rate are:

- **microorganism type**
- **contaminated surface characteristics**
- **humidity level**
- **contaminant quantity.**

Contaminations can occur in three ways:

1. **Direct contamination**
2. **Indirect contamination**
3. **Contamination via the air**

The main vehicle of indirect contamination is precisely the hands.

The skin is the largest organ of the human body (5 kg in weight and 1.5-2 square metres of surface area) and has the function of protective barrier from the outside. It is physiologically colonised by bacterial flora that is divided into resident and transitory flora.

Resident flora has a protective function, but may become responsible for infections as a result of contamination of normally sterile body sites, the eye or non-intact skin.

Transitory flora is acquired during direct contact with food or contaminated environmental surfaces and generally causes infections.

Bacteria concentrations vary in different parts of the body.

Hand washing with products suitable for the purpose is intended to eliminate visible dirt and remove transient microbial flora and must last **40 to 60 seconds**.

It is advisable to remove jewellery (rings, bracelets) and watches that can compromise the hand washing result of.



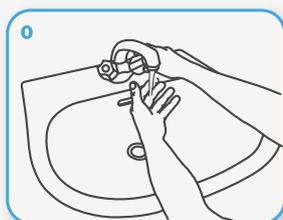
The Sutter Professional range includes products for hand hygiene complete with dedicated equipment. Expert consultants are available to customers for advice and assistance.



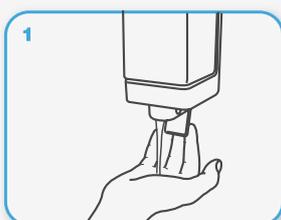
HAND WASHING OPERATIONS



Total time: 40-60 seconds



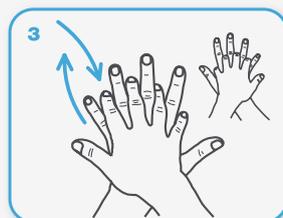
0 Soak your hands with water



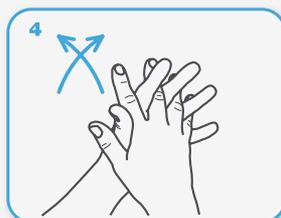
1 Apply a suitable amount of soap to cover all the surface of the hands



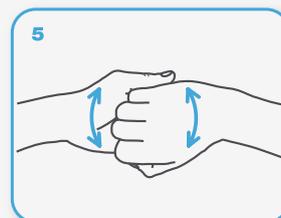
2 Rub your hands palm to palm



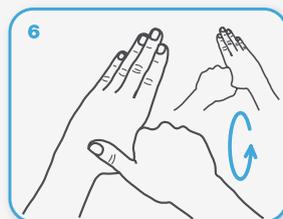
3 The right palm on the back of the left hand and viceversa



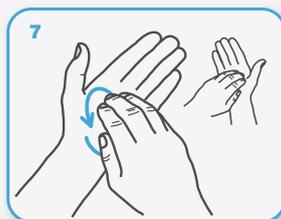
4 Palm against palm weaving fingers



5 Back of fingers on the back of the other hand keeping fingers together



6 Rub the left thumb rotating it in the right palm and viceversa



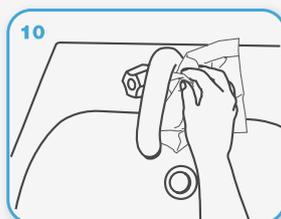
7 Rub the hand rotating it forward and backward with the other hand keeping fingers together



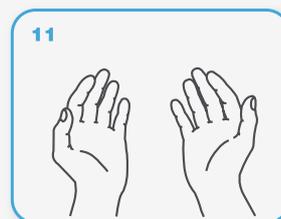
8 Rinse hands with water



9 Carefully dry using a disposable towel



10 Use the towel to close the tap



11 ... once they are dry, your hands are safe!