

Issue Date: 01-05-2020 Revision: 0	 COVID-19 Hand Washing and Care Routine	J McCann & Co Limited SAFE OPERATING PROCEDURE SOP25
Approved by: B. Feltham		Page 1 of 1

We are all aware that the COVID-19 virus can survive in respiratory droplets that land on surfaces when someone coughs or sneezes.

As we can't see these droplets, it is possible that our hands will come into contact with the virus first, and if our hands are not cleaned thoroughly, the virus can enter our body when we touch our eyes, mouth and nose etc.

So frequently washing our hands is key to preventing us contracting COVID-19.

Hand soap has been proven to be highly effective at removing the COVID-19 virus as it dissolves the fatty membrane that keep the virus together.

But we also need to look after the condition of our hands as the virus can enter the body through cuts and sores on our hands.

Using some hand cleaning products and aggressive hand washing can damage the skin, so it is important to monitor your skins condition when washing and drying your hands.

McCann's recommend the following method for keeping your hands clean and skin in good condition:

- 1 – Wet your hands using water from taps or containers**
- 2 – Use hand soap to create a lather and clean for at least 20 seconds**
- 3 – Use plenty of water to rinse your hands clean of the soap**
- 4 – Pat your hands dry using a paper towel**
- 5 – Use the paper towel to turn the tap off and then bin the used towel**
- 6 – Apply barrier cream and rub into your hands to stop them drying out**
- 7 – Repeat hand washing at the end of each activity**
- 8 – Report low levels of hygiene supplies to your supervisor so they can issue replacements**
- 9 – Report any signs of skin irritation to your supervisor**

Only use hand sanitiser if soap and water is not available to you.

Hand sanitiser contains 60% or more alcohol which will dry out your hands. Hand sanitiser also carries a warning that it may cause skin irritation and dermatitis when used.

You may become sensitive to hand sanitiser and develop rashes or patches of dry, damaged skin. If this happens stop using it immediately and tell your supervisor.

Excess hand sanitiser on hands has also led to the alcohol igniting and burning on the hand when a spark has been introduced.

If you do have rashes or broken skin on your hands, then it is recommended you wear disposable gloves to act as a physical barrier against the virus.

Please ensure that you use the water containers and soap provided to clean your hands regularly and that you apply barrier cream after patting your hands dry.

