

November
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Great Western News

The Dirt on Hand Care

"While hand washing is the preferred method of hand hygiene, most people do not wash their hands correctly."

We all know that regular hand hygiene is essential to helping prevent the spread of germs. People are washing and sanitizing their hands more frequently than ever before. But what's the real difference between soaps and sanitizers, and how and when do we use them. Simply stated, soaps clean hands, sanitizers do not. Every time you wash your hands with soap and water you remove soil and germs. Sanitizer is equally effective at killing germs, but it will not remove dirt.

While hand washing is the preferred method of hand hygiene, most people do not

wash their hands correctly. Germs don't just live on the palms of your hands. Proper hand washing includes the front and back of the hands and between your fingers. In addition most people do not wash their hands for a sufficient length of time. Hands should be scrubbed vigorously for at least 10 seconds — or the amount of time it takes to recite the ABCs or sing the "Happy Birthday" song twice.

Hand sanitizers aren't necessarily a cleaner. They won't get grease off your hands, but they will

kill bacteria on your skin. Sanitizers are not a substitute for hand washing, but they can serve as a backup to remove germs in the absence of water or when it is inconvenient to visit a restroom.

Great Western Supply Company can help you with a hand hygiene program that includes hand soap, sanitizer and educational materials to help promote frequent hand washing. For more information contact your Great Western Supply Representative or call (563) 445-6644.

Holiday Hours

Great Western Supply will be closed November 24th & 25th for Thanksgiving. We will reopen on Monday, November 28th at 7:30am.

A recent study by Kansas State University shows posters **can** make a difference when it comes to hand hygiene. The study, done at a hospital based cafeteria showed that hand sanitizing rose

Posters Help

from 3.16% to 6.17% when informational posters were on display. While the gains are modest they do show a marked improvement when educational materials are present.

Contact your Great Western Supply Representative or call (563) 445-6644 for help promoting better hand hygiene at your facility.





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