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Today on 31st Dec 2022, Naya Sawera conducted workshop/session. This is with reference to the Council's e-mail dated 15-11-2022, letter no. T05001/6/2022-Media dated 7/11/2022



Awareness program held aiming to spread awareness regarding the sanitation, personal hygiene and environmental cleanliness at our premises. Today we discussed about very common yet crucial issues related to sanitation like taking necessary measures while wearing and removing mask, mandatory precautions while applying sanitizer and

most importantly learning correct steps and procedure on how to wash hands. We primarily emphasized on this most salient issue 'hand-wash', which impacts our health directly and crucially. We took extra ordinary session with a group of people making them aware of washing their hands properly. Here is the detailed explanation of what we actually did in today's session.



## Importance of hand washing



One of the main causes of transmission of infection is contaminated hands. Routine hand washing is one of the most effective measures used to prevent or control this transmission of infectious diseases. To ensure its effectiveness however, specific techniques need to

be carried out. The following are some of the topics which will be addressed:

### THE IMPORTANCE OF HANDWASHING:-

- Proper hand washing techniques
- Short-term alternatives to hand washing
- Promoting good hand hygiene
- The Importance of Hand washing

Hand washing is an important technique in removing or reducing the number of microorganisms from the hands. This in turn will reduce the potential transmission of these microorganisms directly to others



or to surfaces where they can be picked up by others. Washing of ones hands will also decrease the risk of transmission of infectious agents to self. Hand washing is especially important among healthcare workers. Contaminated hands of health care workers are a primary source of infection transmission in health care setting . Of equal importance is also hand washing among

young children. In this instance it can help prevent common illnesses such as the flu and help them stay healthier.

some of the most common diseases that can be spread through hand to hand contact are infectious diarrhea, the flu, the common cold and also some intestinal disorders. This can affect people who are

more vulnerable to infectious diseases such as those with reduced defense including the elderly or even very young children.

Other consequences of not washing the hands or improper washing of hands includes food related illnesses for example E.coli infection or salmonella. These conditions can also lead to intestinal problems which can cause vomiting and diarrhea.

#### Effective Hand washing Techniques

Hands should be: washed under running water, using a single dose of liquid soap or antiseptic; vigorously rubbed together for 20-25 seconds; rinsed thoroughly under running water and dried with a disposable paper towel.



1. Wet your hands with water.



2. Apply enough soap to cover your hands.



3. Rub your hands together.



4. Use 1 hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.



5. Rub your hands together and clean in between your fingers.



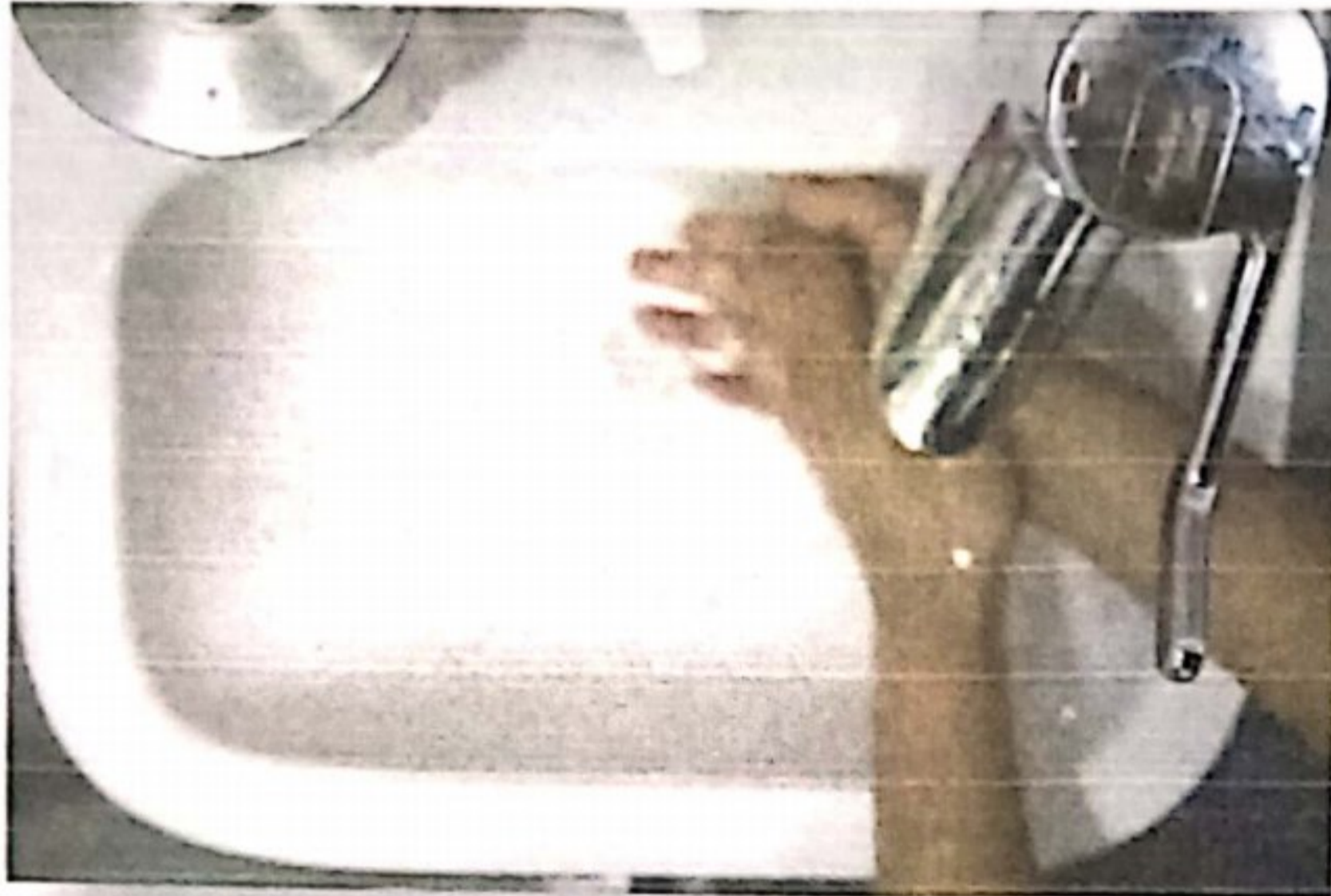
6. Rub the back of your fingers against your palms.



7. Rub your thumb using your other hand. Do the same with the other thumb.



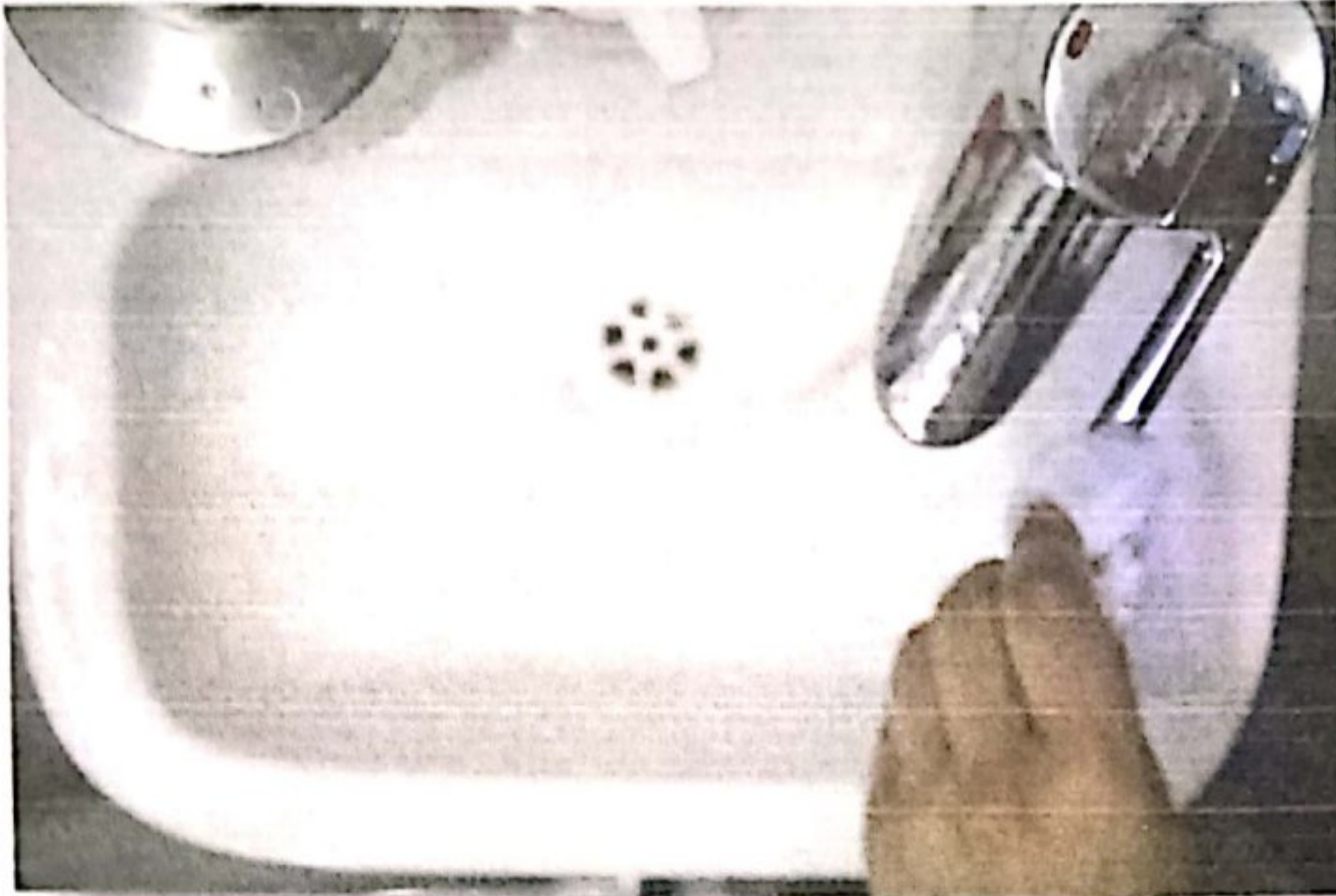
8. Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.



9. Rinse your hands with water.



10. Dry your hands completely with a disposable towel.



11. Use the disposable towel to turn off the tap.

#### Short-Term Alternatives to Hand washing

in addition to hand washing with antiseptic products, hand disinfection also includes the use of alcohol containing waterless hand sanitizers"

The availability and convenience of hand sanitizers and antimicrobial gels can also increase compliance in hand cleansing particularly in instances where soap and water are not readily available.



#### Promoting Good Hand Hygiene

In order to promote good hand hygiene some of the reasons for being non-compliant must be addressed. Lack of time and a heavy workload were stated as

barriers to hand hygiene compliance. This is mostly evident among health care workers. Some of the things that can be done to improve non-compliance includes; effective communication and education about infection control, reminders posted visually to promote good hand hygiene, conveniently located dispensing equipment with hand sanitizers, only to list a few.





Practicing good hand hygiene prevents the transmission of nosocomial infections which are only acquired while in health care facility. Not only are the health care workers to wash hands but encouraging patients and their visitors to do the same will to continue the cycle of infection control.

### Conclusion

The practice of hand washing is no longer only a means of personal hygiene but an important measure of infection control. The incidents of transmitting infectious disease can be minimised by ensuring that hands are washed after using the restroom, before and after eating, when hands are visibly dirty or contaminated, after contact with animals or other person's intact skin, after contact with body fluids, after contact with inanimate objects and the list is not redundant by any means.

A major way to reduce the incidents of transmitting infections is to think of frequent hand washing, not to be optional but as a rule. Secondly, always keep in mind that the use of gloves does not eliminate the need to wash hands. To protect your health it is recommended you wash your hands as often as necessary.

We have distributed copy of this content to everyone on who was present, also displayed on institute's notice board.

At last we need to understand that sanitation should be not a Mission but a practice and habit.

We would like to thank RCI and GOI for honouring us with this opportunity. We're glad that we've been given this to put our efforts in this movement.

Naya Sawera

Vijay Laxmi Sharma  
( Secretary )

सचिव

नया सवेरा शैक्षणिक एवं सामाजिक  
विकास संस्था, बैनाड़ा, जयपुर