

Creating Healthier Workplaces

Hand washing & Personal hygiene

As the influenza season approaches, it is important to be aware that many respiratory diseases spread from person to person via droplet infection. The best way to protect yourself and others from influenza type infections is to be proactive and adopt good hygiene practices for infection control.

IN YOUR SCHOOL

An audit of hand washing facilities should be undertaken to ensure these essential facilities are accessible throughout your school campus. Processes to maintain supplies must also be implemented.

Do all your hand washing facilities have:

- running water, (avoid communal buckets etc.)
- soap and (liquid mild soap preferred)
- hand drying facilities eg. paper towel or blower (avoid communal towels)

Do you have hand washing facilities in:

- student and staff toilets,
- food preparation areas,
- first aid and sick room areas and

Have you displayed hand washing posters in these areas?

Consider using alcohol-based hand wash gel if hand washing facilities are not readily available.

IN YOUR CLASSROOM

Teachers should reinforce and model good hygiene practices with students including cough etiquette and hand washing techniques.

Wash your hands



Wash your hands with soap and water and dry:

- After coughing, sneezing or blowing your nose
- After going to the toilet
- Before eating

Cover your cough



- Use a tissue to cover your mouth and nose when coughing or sneezing
- Dispose of the tissue immediately after use