

ABM Key Skills 1

BASIC HAND- WASHING

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Key Skill 1: Basic Hand-washing

Objective:

To learn the correct hand washing techniques as set out by the World Health Organisation.

Why?

Handwashing is vital in preventing and controlling the spread of germ's which can lead to illnesses.

We recommend the techniques below advised by the World Health Organization:

Remember:

Check for abrasions and cuts and cover with a plastic if necessary.

Wet hand thoroughly at the start.

Work soap into a lather.

Never touch the sink afterwards it has microbes.

Use a towel or your elbow to turn of the tap.

Handwashing should take between 15 and 30 seconds.

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Hand-Washing Technique – Practical

Trainer to show each step and demonstrate the correct way. Stop after every 3 steps and check for understanding and ask the learner to demonstrate back to you.

Always refer to the hand wash pictogram by the handwash sink.

1. Wet your hands thoroughly with water (Top Tip water can be either hot or cold!).



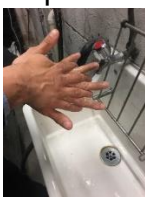
2. Apply enough soap to cover all hand surfaces.



3. Rub hands palm to palm.



4. Rub the back of your left hand with your right palm with interlaced fingers. Repeat on the other hand.



5. Rub your palms together with fingers interlaced.



6. Rub the backs of your fingers against the palms with fingers interlocked.



7. Clasp your left thumb with your right hand and rub in rotation. Repeat with your left hand and right thumb.



8. Rub the tips of your fingers in the other palm in a circular motion, going backwards and forwards. Repeat with the other hand.



9. Rub each wrist with opposite hand.



10. Rinse hands with water (Top Tip water can be either hot or cold!).



11. Dry thoroughly ideally with a disposable towel



12. Use the disposable towel to turn of the tap. (Top Tip if only a hand dryer available to dry your hand use your elbow to turn off the tap.)



Knowledge Assessment

Key Skill 1: Basic Hand-washing

Practical Assessment: 100% Pass Mark

- Please demonstrate how to correctly wash your hands. Please refer to the pictorial diagram if needed displayed by the hand-wash sink.

Theory Assessment: 100% Pass Mark

1. How long should hand-washing take?

15 to 30 seconds.

2. How should you turn off the tap?

With paper towel or elbow.

3. Does the water need to be hot or cold?

Either hot or cold.

4. What should you be checking whilst washing your hands?

Cuts and abrasions.

5. Who should you report any allergies or skin conditions on your hands too?

Manager or Supervisor.

6. What would you do if you notice you have a small cut on your middle finger on your left hand?

Cover it with a blue plaster.