

<b>Effective Date</b> 26/03/2021		<b>Last Revise</b>	<b>Pages : 4 of 4</b>
<b>Issued by</b>	Fleet Rooms Division Manager		
<b>Shipboard</b>	All Shipboard Personnel		
<b>Shore-Side</b>	SVP Hotel & SVP MARINE OPERATIONS		
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## 1 - Understanding the Importance of Hand Hygiene.

Germs from unwashed hands can be transferred to other objects, like handrails, table tops, food service items, food, light switches, elevator buttons and then transferred to another person's hands. Removing germs through handwashing therefore helps prevent diarrhea and respiratory infections and may even help prevent skin and eye infections.



## 2 - What is the correct procedure to wash hands?

- Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, all around your thumbs and under your nails and tips of fingers.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a paper towel.

If hand soap and water are not available then a 60%+ alcohol based sanitizer may be utilized, following the same hand wash procedure.

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### 3 - Procedures on How to conduct Hand Washing Training & use of Glo Germ

Glo Germ™ is an effective tool to demonstrate handwashing, hygiene, and containment techniques.

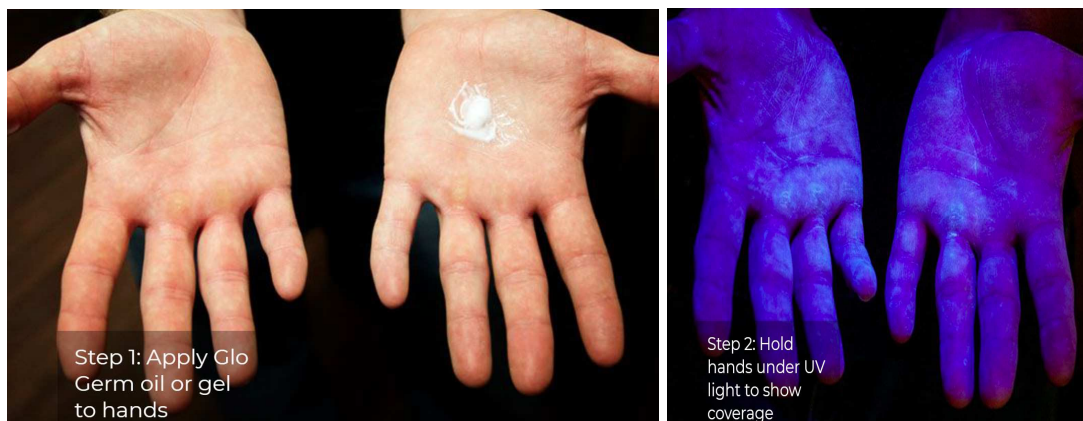


424272	GLO GERM GEL EA = 1 BOTTLE @ 8 OZ # GGG80	EA
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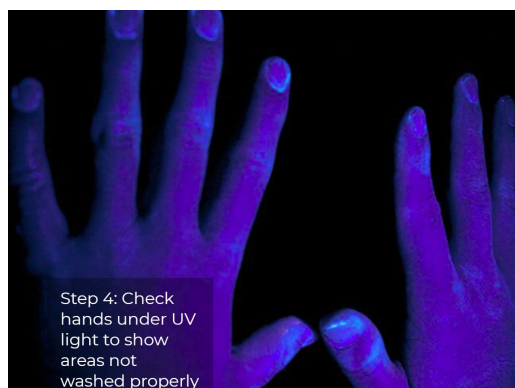
The liquid contains the plastic simulated germs, and the lamp illuminates them to test the effectiveness of your (and your workers') practices.

For handwashing training, Glo Germ™ Liquid is rubbed onto one's hands like lotion. Hands are then washed as normal.

One's hands appear clean. However, the ultra-violet light tells a different story. The discovery of the remaining germs will cast evidence of cleaning effectiveness.



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■ MOST OFTEN MISSED AREAS    
 ■ OFTEN MISSED AREAS    
 ■ LESS OFTEN MISSED AREAS

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#### **4 - Hand Hygiene Training and Record keeping.**

Hand Hygiene training shall be undertaken by Heads of Departments as per part of their required monthly Public Health training.

The Infection Control Officer shall conduct Hand Hygiene training as part of their responsibilities during their rounds of the vessel and may be requested to under take departmental trainings from time to time.

All Public Health training records will be maintained and kept for a period of 12 months and subjected to Public Health audit and inspection as required.