

Hand Washing Guideline

Intent

El Sistema Grey Bruce - The Big Sound (also referred to as The Big Sound and/or TBS) has adopted this guideline to ensure that all reasonable measures are taken in preventing the spread of bacteria and diseases within the program and to ensure the ongoing health and safety of all Program Personnel, including Program Participants.

Best Practices

- Hand hygiene shall be practiced on a regular basis, prior to any contact with other Program Personnel, including Program Participants (even if/when gloves are worn).
- All Program Personnel and Participants are required to wash, rinse, and dry their hands or apply an alcohol hand rub before entering the Program, after using the rest room and if possible, prior to leaving the Program each day.
- For routine hand washing, liquid lotion soap located in the dispensers shall be used.
- Antiseptic (antimicrobial) hand washing products and/or hand sanitizer (i.e. alcohol hand rub products) will be made available for hand hygiene during program activities.
- An alcohol hand rub, may be used for hand hygiene in place of an antimicrobial soap hand-wash. Hands that are grossly contaminated must be washed with lotion soap prior to hand disinfection with an alcohol hand rub.
- Gloves shall be worn when exposure to blood or any other body fluids, excretions or secretions is likely.

Routine Hand Washing Procedures

- Use warm water to wet the hands.
- Apply lotion soap.
- Work up a good lather.
- Apply with vigorous contact on all surfaces of the hands.
- Wash hands for at least 15 seconds.
- Rinse, avoid splashing.
- Keep hands down so that run off will go into the sink and not down the arm.
- Dry hands well with paper towels and use the paper towels to turn off the faucet.
- Discard the paper towels into the appropriate container.

Hand Antiseptics

- For hand washing, substitute an antimicrobial soap for the lotion soap.
- An alcohol hand rub may be substituted for antimicrobial soap. The following technique should be used:
 - If hands are visibly soiled, wash hands with lotion soap prior to application of alcohol hand rub.

El Sistema Grey Bruce – The Big Sound

- Apply enough alcohol hand rub to cover the entire surface of hands and fingers.
- Rub the solution vigorously into hands until dry.
- Use of alcohol hand rubs may result in a sticky residue on the hands. Wash with lotion soap periodically to remove the hand rub residue.

Fingernails

- All TBS Program Personnel and Participants must maintain their fingernails so that the tips of the nails do not extend past the ends of their fingers. The nail surface should remain smooth.
- Artificial nails/wraps or acrylic overlays are not permitted.

Allergies

- Allergic contact dermatitis may be associated with hand hygiene products.
- Allergic reactions to products applied to the skin may present as delayed type reactions or less commonly as immediate reactions.
- If someone suspects they have an allergic contact dermatitis, they will be instructed to seek medical attention.
- If allergic contact dermatitis is diagnosed, TBS will ensure other/alternative hand hygiene products are made available.

Monitoring

- TBS will enforce these hand hygiene best practices through supervision and spot-checks.
- In the event that an individual refuses to follow these hand hygiene practices, the violator may be denied access to participate in the Program until hands are washed.