

**MARCH 27, 2020**

## **COVID-19 | EPIDEMIC HANDWASHING STATION ON A CONSTRUCTION SITE**

Washing your hands is one of the top priorities according to health and hygiene officials to help limit the spread of this new coronavirus COVID-19.

### **How does this look on a construction site where resources may be limited?**

Whether there is running warm water or not, (COLD water is fine!) there are many options for setting up a handwashing station on a construction site.

At a minimum, a jug of clean water and a bar of soap would be acceptable, if the person uses proper handwashing guidelines. More creative solutions can be used if the materials are available:

### **SAMPLES OF CONSTRUCTION HANDWASH STATIONS**



Washing your hands may sound like an easy task to do but **not everyone does it correctly.**

Here are some simple **guidelines that should be followed:**

- **Remove** any arm or hand jewelry or watches.
- **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. Lather the backs of your hands, between your fingers, and under your nails. Look at the illustration below:



- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice or sing the alphabet.
- **Rinse** your hands well under clean, running water for 10 seconds using a rubbing motion.
- **Dry** your hands using a clean towel or air-dry them.
- **Turn off the tap using a paper towel** so that you don’t recontaminate your hands.

**Use Hand Sanitizer only if there is no Soap or Water**

Washing hands with soap and water is still the best choice to rid your hand of dirty, germs and viruses. Hand sanitizer should be used only if there is no water and soap available. For sanitizer to be effective it should at least contain 60% alcohol.

**Sanitizers can be effective against COVID-19. However...**

- Sanitizers do not get rid of all types of germs.
- Hand sanitizers are not effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

**How to use Hand Sanitizer**

- Use a wipe or running water to remove any dirt, grease or soiling on the hands.
- Make sure hands are dry before applying hand-sanitizer.
- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



**References:**

Centers for Disease Control and Prevention

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

BC Centre for Disease Control

<http://www.bccdc.ca/health-info/prevention-public-health/hand-hygiene>

Government of Canada

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/reduce-spread-covid-19-wash-your-hands.html>