

# Think**CLEAN**<sup>TM</sup>

Spread the word, not the germs

## Squeaky Clean's Guidelines to Better Handwashing

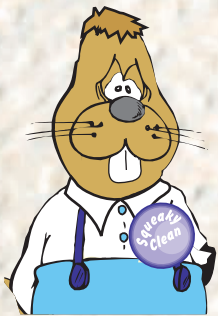


### Why YOU should be involved in ThinkCLEAN<sup>TM</sup>:

- To increase awareness of the importance of handwashing
- To raise handwashing compliance
- To save everyone time, money and maintain wellness
- To decrease disease from being spread

### Harm caused to you by NOT having good handwashing habits:

- Americans get sick more than **4 billion days** each year
  - **\$950 billion** spent on medical costs
  - **Over 160,000** die from infectious diseases as the cause of death
  - **22 million** days of school and **50 million** days of work are lost just due to a common cold
  - Lost productivity costs America **\$15 billion** a year
- (The Soap And Detergent Association National Cleaning survey)



### Squeaky Clean says to:

1. Rub hands together for 10-15 seconds (as long as it takes to sing Happy Birthday twice).
2. Use a paper towel to turn off faucet after finished rinsing hands.
3. Dry your hands with a paper hand towel.



## An Industry Advocacy Program on Handwashing

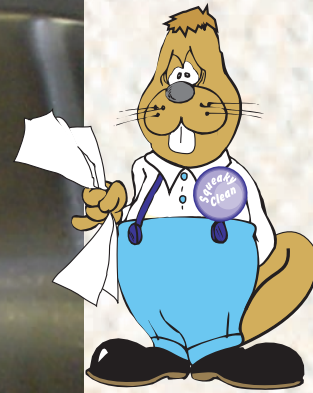


[www.ThinkCLEAN.org](http://www.ThinkCLEAN.org)

## About the Program

ThinkCLEAN™ has been created as an industry advocacy program to further promote the benefits of handwashing. It is also setup to educate you with regard to the dangers of non-compliance. The program is meant to raise awareness and increasing the rate of handwashing.

The program is fully supported by research that promotes the values of handwashing and the facts surrounding it.



**Handwashing is an important part of overall cleanliness. Be a partner in ThinkCLEAN™.**

### When to handwash if you work in

#### a restaurant or cafeteria:

- Before eating
- After coughing or sneezing in hands
- After using the bathroom
- Before and after preparing food
- After blowing your nose
- Before inserting or removing contact lenses
- After handling garbage
- Before and after treating cuts

## Paper Towels Proven Safer

Numerous studies have proven that moist hands are more likely to spread germs than dry hands. People who use hand dryers typically don't dry their hands as thoroughly as people who use paper towels. Any bacteria existing on your hands is removed by drying with paper towel and disposed of safely. It also takes much longer to use a hand dryer than it does to use paper towels. People usually don't have the patience to wait for a hand dryer to completely dry their hands.

## Hand dryers are NOT a solution!

Hand dryers produce more bacteria than paper towels. They are ineffective and spread disease easier. Here's why:

- Using paper towels to dry hands reduce bacterial counts by an average of **42% and 10%** for cotton towels
- Bacterial counts increase by **more than 500%** using hot air dryers
- **100% comes from air inlets** and **97% from nozzles** that contain harmful bacteria (Applied Research Group of University of London)
- People who use hand dryers don't dry their hands as thoroughly as people who use paper towels

**Start thinking of your health with ThinkCLEAN™ and use paper towels!**



www.ThinkCLEAN.org

## Statistics and facts in the workplace:

- **58%** of employers don't encourage handwashing in the workplace
- **65%** of maintenance and constructions workers **wash hands less than five times a day**
- **47%** of office and customer service workers **wash hands less than five times a day**
- **Only 41%** of employers post handwashing reminders

(Source: SDA survey)

## Valuable guidelines about when to wash your hands if you work in an office:

- Each time you use the bathroom
- Before and after staff meetings if food is served
- After scanning newspapers or magazines in break room
- Before and after lunch
- After using co-workers keyboard or tools
- Before and after a "meet and greet" activity in the office
- When you use shared office equipment such as fax machines and telephones

(SDA guidelines)



For more information on how to be a part of ThinkCLEAN™ Contact: Larry Drago – Manager of Industrial Programs at 631.777.2223, ext. 14. FAX: 631.777.2224 E-MAIL: larry@gonpta.com