

HSR01: A Video Guide to Effective Handwashing (RoSPA Approved)

Our hands come into contact with many different surfaces and substances, many of them harbouring bacteria and viruses that transfer to our hands and from there either to other people or into our own body.

Good hand washing is the first line of defence against the spread of many illnesses - from the common cold to more serious illnesses such as meningitis, hepatitis A, and food poisoning. It is also crucial in preventing the spread of influenza, and is a major weapon in the armoury to be deployed against an influenza pandemic – the occurrence of which experts describe as being ‘when’ not ‘if’.

This short video-based course takes the learner step-by-step through the key stages of hand washing and will enable effective hand washing in less than 30 seconds.

Course Duration

- 10 minutes

Available in:

- Audio

Delivered via:

- Internet

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