WASH YOUR HANDS

FIVE STEPS TO PROPERLY WASH YOUR HANDS

Washing your hands helps prevent the spread of germs and disease. The Centers for Disease Control and Prevention (CDC) recommended five steps to properly wash your hands.

1. Make sure to get your hands wet with clean, running water. You can use either hot or cold water. Then turn off the water and apply soap.
2. Lather your hands by rubbing them together. Don’t forget the back of your hands and under your nails.
3. Do this for a minimum of 20 seconds. As a timer, recite the “Happy Birthday” song twice.
4. Rinse your hands by using clean, running water.
5. Lastly, dry your hands with a clean towel or paper towel, or use an air dryer.

Use of Hand Sanitizers

Hand sanitizers don’t eliminate all germs. If soap and running water are not available, make sure to use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.
When do you need to wash your hands?
You wash your hands after using the bathroom. When else? CDC advises the public that hand washing should be:

- Before, during, and after preparing food
- Before eating a meal
- Before and after providing care for a sick person
- Before and after you provide first aid to a cut or wound
- After blowing your nose, sneezing or coughing
- After touching garbage
- After handling animal waste

DAY OF MOURNING

The National Day of Mourning is an annual day of remembrance for workers who have been killed or injured on the job in Canada. The aim of this day is to publicly renew the commitment to fight for the safety of the living, as well as mourn for those workers who have died.

This day is also intended to show Canadians’ concern for occupational health and safety. Although it all began in Canada, the Day of Mourning is now commemorated in more than 70 countries worldwide.

WHY A HEALTH & SAFETY NEWSLETTER?

Health and Safety is a priority at BCIT! Health and Safety newsletters contain monthly first aid statistics, compliance concerns, and updates of new legislation and interest articles.

The Newsletter will be created and circulated each month. Please visit the Safety and Security office at the North End of SW01 for printed copies of the newsletter.

To submit ideas or suggestions for future installments, please contact the OHS Office.

BCIT First Aid Incidents for March 2016

The chart indicates the number of injuries from each person type (Student, Employee, Contractor), and the proportion of injuries for each school.