

Promoting Wellness in Your Workplace

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WOOD WYANT

**Educational
Bulletin**

Workplace Wellness

by **Jessie Harding** | Marketing Manager, Wood Wyant

Improving Workplace Wellness can be achieved by these simple techniques:
Wash, Wipe and Sanitize.

| Wash, Wipe and Sanitize, your hands

The best way to stay healthy is to recognize that our hands and everything we touch like tables, door handles and chairs have the potential to spread germs between people. Frequent hand-washing is one of the best ways to avoid getting sick and spreading illness at work, at home or while travelling. Handwashing requires only soap and water or a hand sanitizer.

According to the Centers for Disease Control and Prevention (CDC), handwashing is the single most important means of preventing the spread of infection. Remember, wash your hands:

- after using the bathroom
- before preparing food
- before eating
- whenever your hands are dirty
- after changing diapers
- after handling uncooked meat and poultry
- after coughing, sneezing or blowing your nose

Here's how to wash your hands correctly - think of "WATER"

W et your hands	
A dd soap	
T ime it! (scrub for 20 seconds)	
E liminate the soap by rinsing your hands in a downward position	
R eally dry your hands well	




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woodwyant.com | green.sanimarc.com | info@woodwyant.com

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People Don't Wash Their Hands

- 95% of people say they wash their hands after using a public washroom
- 67% actually wash their hands
- 33% (of those) use soap
- 16% really wash long enough

Building occupants can reduce the risk of spreading germs by adopting good hand hygiene practices. In order to accomplish this, building owners should provide adequate hand washing facilities and hand sanitizing stations. By doing so, companies are not only respecting the value of their employees but their effort is a cost savings / productivity increase opportunity for their bottom line as well.

| Wash, Wipe and Sanitize, germ hot spots

People can also get sick from the germs unwashed hands leave on shared objects like doorknobs, keyboards, and other equipment in the home or workplace.

Keep the surface areas in your home and office free of germs by sanitizing them often. Remind staff to wipe work surfaces with disposable sanitizer wipes. Phones, keyboards, computer mouse's, photocopiers and doorknobs are considered germ hot spots and need to stay especially clean.

Our program includes communication tools, hand hygiene systems and the expertise necessary to help make a positive change in workplace behaviour for the benefit of everyone in the workplace. Please visit our dedicated Workplace Wellness website [HYPERLINK: http://www.workplacewellness.sanimarc.com](http://www.workplacewellness.sanimarc.com) to view some of the materials available and see videos on how our new Dexterra and X-pure systems and proper hand hygiene are important to the health of your workplace.

| Healthy Steps:

- Wash your hands frequently
- Use hand sanitizer frequently
- Keep your hands away from your face
- Cough and sneeze into a tissue or your arm, not your hand

Need help remembering these tips: Fridays are disinfect office hot spots!!

Follow these great hand hygiene experts on twitter:

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