

Hand Hygiene Quiz

Answer Sheet

Please note that some questions have more than one correct answer

1

What is the minimum time you should wash your hands for?

- A.) 5 Seconds
- B.) 10 Seconds
- C.) 20 Seconds
- D.) 30 Seconds
- E.) 40 Seconds

Answer: It is recommended that you take at least twenty seconds to wash your hands properly. The easiest way to remember is to sing 'Happy Birthday to You' twice.

2

What infections can you get from poor hand washing?

- A.) Cold and Flu
- B.) Salmonella
- C.) Sickness and Diarrhoea
- D.) Coronavirus
- E.) All of the above

Answer: Cold & flu, Salmonella, sickness and diarrhoea and coronavirus are just some of the viruses and infections passed between people who do not wash their hands.

3

Who might be at risk as a result of you not washing your hands properly?

- A.) You
- B.) Your family and friends
- C.) Your work colleagues
- D.) People you are delivering or cooking for
- E.) All of the above

Answer: Everyone has the potential to spread germs – germs can then be transferred via people's hands and also through coughing, sneezing. Micro-organisms are everywhere, even when we can't actually see them. They are on our body, hands, on food and in our surrounding environment - at work, in public places such as shops and in our homes. They are commonly found on areas that are frequently touched by hands – door handles, supermarket trolleys, card machines, money. Different micro-organisms grow in a variety of different conditions but many like and multiply in warm and moist conditions.

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4

What is the main purpose of hand hygiene and hand washing?

- A.) To reduce micro-organisms (germs) on the hands
- B.) To keep skin healthy
- C.) To prevent the spread of infection
- D.) All of the above

5

Think about your job or role if you are working or volunteering?

Consider how you would apply hand hygiene at your workplace or home.....

Is there anything that is stopping you from washing your hands at the correct times?

You should discuss your answers to this question with you colleagues and line manager.