

# Wellbeing and Hygiene

## Wellbeing

Every aspect of our life influences our state of wellbeing. Looking after our general wellbeing is important, but it's easy to overlook when we are busy or distracted or unable to on our own. Wellbeing depends on all the following working together.

- eat a balanced diet
- get enough sleep
- talk to others about how you feel
- never be afraid to ask for help
- make time for yourself everyday
- exercise – it makes you feel good and can improve your mood
- being strong and staying away from grog, gunja and smoking
- look for things you can change to make your day better



## Working Alone – looking after yourself

Working on your own can be lonely sometimes. When you are working alone in aged care you are often in somebody's home looking after them. When entering someone's home you need to make sure that you and the client are safe. Make sure your manager always knows where you are.

Working in the aged care industry is unlike any other profession and it can be emotional. Often in aged care you can develop a close relationship with your client. There may be times that you have to deal with

sad situations such as clients getting sick and passing away. This can sometimes cause emotional (anxiety, feeling overwhelmed) or physical (increased blood pressure, skin conditions, restless sleep) stress.

It is very important to make sure that you look after your own health and recognise any symptoms of being stressed so you are able to deal with these pressures early. Not only look out for signs of stress in yourself but also other workers.

## Hygiene and infection control

An important part of looking after yourself and others is good hygiene. An infection is a disease or an illness and is caused by germs. When someone has an infection they can pass it onto another person, so infection control is important to stop you and others from getting sick. Some illnesses like the 'flu' are highly contagious.

In your work and in life you are exposed to risk factors that can cause infection, like:

- personal care tasks like toileting, showering and dressing
- food handling/service
- handling soiled linen
- being near people with infections

So when coughing or sneezing, always cover your mouth and use a tissue or other measure and encourage this in those you care for as well.



Everyone has germs. Our bodies are covered with germs that help us stay healthy. In addition to the germs that are usually present on our skin, we also pick up germs from contact with other people and in our surroundings. Although people usually think that germs are spread through the air, the fact is that germs are most easily spread through hand contact. One of the best ways to stop the spread of germs or other infections is to wash our hands. If you are sneezing and coughing lots it might be best to stay at home as you do not need to share your germs at work.

# Wellbeing and Hygiene

## When you should wash your hands with soap and water?

- when hands are visibly dirty
- before you eat
- before you handle and prepare food items
- after touching raw meats like chicken or beef
- after touching animals or pets
- after going to the toilet
- after changing infant nappies or adult pads
- after contact with any body fluids like blood, urine or vomit
- after touching hair or other body parts or any other activity that may carry germs
- after blowing your nose, sneezing or coughing
- after touching rubbish
- after smoking

## How to wash your hands correctly

### How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the handwash (steps 2-7): 15-20 seconds

⌚ Duration of the entire procedure: 40-60 seconds

**0** Wet hands with water;

**1** Apply enough soap to cover all hand surfaces;

**2** Rub hands palm to palm;

**3** Right palm over left dorsum with interlaced fingers and vice versa;

**4** Palm to palm with fingers interlaced;

**5** Backs of fingers to opposing palms with fingers interlocked;

**6** Rotational rubbing of left thumb clasped in right palm and vice versa;

**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

**8** Rinse hands with water;

**9** Dry hands thoroughly with a single use towel;

**10** Use towel to turn off faucet;

**11** Your hands are now safe.



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## How to rub your hands correctly

### How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

**1a** Apply a palmful of the product in a cupped hand, covering all surfaces;

**1b** Rub hands palm to palm;

**2** Rub hands palm to palm;

**3** Right palm over left dorsum with interlaced fingers and vice versa;

**4** Palm to palm with fingers interlaced;

**5** Backs of fingers to opposing palms with fingers interlocked;

**6** Rotational rubbing of left thumb clasped in right palm and vice versa;

**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

**8** Once dry, your hands are safe.



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## Wellbeing and Hygiene Top Tips



- exercise
- never be afraid to ask for help if you need it
- always make sure you and your clients are safe
- washing hands help removes germs
- washing your hands properly is very important