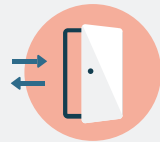


8-Moments for Targeted Hygiene

Breaking the Chain of Infection



1. Entry and exit from a facility or venue



2. Using the restroom



3. Before eating food, especially with fingers



4. Before and after moving from a workstation



5. Before and after touching common surfaces



6. Before preparing food



7. After coughing, sneezing and nose blowing



8. After handling and disposal of refuse

Your Checklist:

Implementing the 8 Moments Approach

Listed below are the moments alongside suggested actions individuals should take and critically the responsibilities of facility managers to provide appropriate infrastructure (products plus education) to enable these actions.

Risk Moments	Purpose	Actions for Facility Managers	Education for Individuals
Entering the facility. Exiting the facility.	To help reduce the risk of you spreading infection to others, or becoming infected yourself, through surface transmission.	Ensure access to hand washing facilities or hand sanitizer on entry and exit points.	Wash hands with soap & water or use a suitable hand sanitizer if washing facilities are not available.
Before leaving your workstation. After returning to your workstation.	To help reduce the risk of you spreading infection to others, or becoming infected yourself, through surface transmission.	Ensure access to hand sanitizers at all workstations.	Sanitize your hands before leaving your workstation. Sanitize your hands when returning to your workstation.
Touching surfaces frequently touched by other people (e.g. door handles, stair rails, grab handles, turnstiles, barriers, ticket machines, etc).	To help reduce the risk of you spreading infection to others, or becoming infected yourself, through surface transmission.	Provision of hand sanitizer at internal doors, lifts, staircase exits and other identified common touch points. Daily disinfection of frequent touch surfaces.	Avoid touching common surfaces where possible. Wash hands with soap and water or use a suitable hand sanitizer immediately after touching. Minimize touching your face.
Food preparation (for employees in food service establishments).	To help reduce the risk of food becoming contaminated. To help reduce the risk of foodborne infection.	Ensure access to correctly placed hand washing facilities or hand sanitizer. Ensure food preparation areas and utensils are frequently disinfected.	Wash with soap and water if hands are visibly dirty or use a suitable hand sanitizer, immediately after handling raw food. Sanitize ALL food contact surfaces after preparing raw foods and before "preparing" ready to eat foods e.g sandwiches. Utensils and cleaning cloths are also critical surfaces at this moment.
Before eating food, especially with fingers.	To help reduce the risk of you becoming infected.	Ensure hand washing facilities with reminders for users. Ensure that food is consumed in a safe area and that there is access to hand sanitizer.	Wash hands with soap and water if hands are visibly dirty or use a suitable hand sanitizer immediately before eating.
Using the restroom.	To help reduce the risk of self infection and transmission of infection from you to others who use the restroom facilities.	Ensure hand washing facilities with reminders for users. Frequently disinfect hand contact surfaces.	Wash hands with soap and water immediately after using the toilet. Disinfect hand contact surfaces using disinfectant wipes.
Coughing, sneezing, nose blowing and face touching.	To help reduce the risk of you spreading infection to others.	Ensure access to hand sanitizer at workstations. Ensure safe disposal facilities and remove safely from workplace.	Cough or sneeze into a tissue or fold of your arm. Wash hands with soap and water, if hands are visibly dirty, or use a suitable hand sanitizer, immediately after coughing, sneezing or blowing your nose. Dispose of tissues in a suitable refuse container.
Handling and disposing of refuse.	To help reduce the risk of transmission of infection from refuse to you and other surfaces.	Ensure hand washing facilities with reminders for users.	Wash hands with soap and water if hands are visibly dirty or use a suitable hand sanitizer immediately after handling refuse.