

## Germs & Hand Washing

It's the time of year when colds and flu get the best of us, but there is a way to fight back. Prevent the spread of germs. Everyone knows that washing your hands is important to prevent the spread of disease, but do you know why? The Centers for Disease Control (CDC) has identified five critical ways unwashed hands spread disease.

1. Hands to food – Germs are transmitted from unclean hands to food.
2. Infected infant to hands to other children – During diaper changes, germs get passed from an infant to the hands of a parent. If a parent does not immediately wash his or her hands before handling another child, the germs are passed on.
3. Food to hands to food – Germs are transmitted from raw, uncooked foods to hands. From there they get transferred to other foods.
4. Nose, mouth or eyes to hands to others – Germs that cause colds, eye infections and other illnesses can spread to hands by sneezing, coughing or rubbing the eyes. They then can be transferred to others.
5. Food to hands to infants – Germs from uncooked foods are transferred to hands and then to infants.

In our industry it is important to wash your hands prior to eating, smoking, etc. Hand washing can prevent the transmission of germs in all of the above situations. It also can prevent the ingestion or transfer of harmful chemical that are sometimes on scrap material. The CDC recommends vigorous scrubbing with warm, soapy water for at least 15 seconds.

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