



Think ahead.

Are you taking hand hygiene seriously?



**#1**

#1 way to prevent the spread of bacteria and viruses<sup>1</sup>

.....

**1000x**

Damp hands spread bacteria up to 1000x more than dry hands

.....



Ensure you are sanitising effectively



# Are you taking hand hygiene seriously?

Tork is the #1 professional hygiene brand in the world<sup>1</sup> and our expert team will help you improve health and prevent illness whilst maintaining efficiency and reducing waste.



#1

## #1 way to prevent the spread of bacteria and viruses.<sup>1</sup>

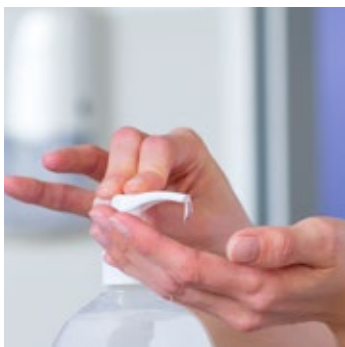
- Hand Hygiene is the process of cleaning hands to remove viruses, bacteria, germs, microorganisms, dirt, grease or other harmful substances.
- Hand washing is the single most effective way to clean hands and help reduce the spread of germs and viruses.
- Proper effective hand washing involves **11 steps** and will take approximately **60 seconds** including thorough drying of hands with a paper hand towel.



1000x

## Damp hands can spread bacteria up to 1000 times more than dry hands.<sup>2</sup>

- The friction of drying hands with paper towel removes more bacteria than other methods.
- Jet air dryers spread **10x more germs** than paper hand towels.<sup>3</sup>
- **64%** of end users say they stop drying their hands completely as air dryers take too long to dry their hands.<sup>4</sup>



## Ensure you are sanitising effectively.

- If soap and water is not available, sanitiser is the best alternative. Australian Made Tork sanitisers offer the **highest germ kill rate of 99.99%** with a minimum of **70% alcohol** content.
- Sanitisers can reduce the number of microbes on hands but do not eliminate all types of germs or clean the hands from dirt or grease.<sup>1</sup>
- To effectively sanitise your hands it takes at least **30 seconds** depending on how long sanitiser takes to dry and includes **10 steps**.

1 CDC General Information on Hand Hygiene. 2 Patrick, D.R., Findon, G., Miller, T.E., Epidemiology and Infection. 3 Best et al, J Hosp Infection, 2014. 4 Survey conducted by united Minds in cooperation with CINT April 8-12, 2020.

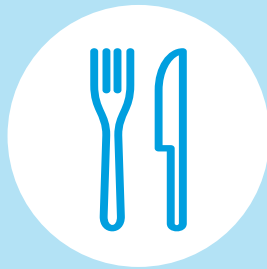
# When to wash and sanitise

There are numerous occasions where we should be practising good hand hygiene including:

## before & after...



food  
preparation



eating food



caring for  
someone



treatment of  
someone

## after...



using the  
washroom



changing nappies or  
cleaning a child after  
toileting



touching waste  
or garbage



blowing  
your nose



coughing  
or sneezing



touching  
an animal



touching  
food

# How to wash and sanitise

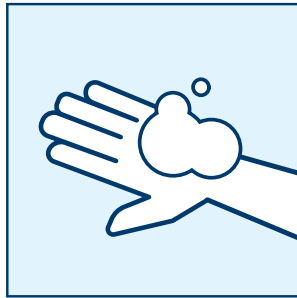
.....

## Hand washing procedure

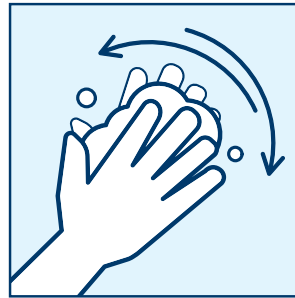
Wash and dry your hands thoroughly for at least 60 seconds with soap, water and paper towel.



**1** Wet hands and arms to remove dirt



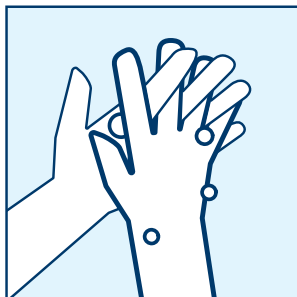
**2** Apply soap – be sure to dispense enough to cover both hands



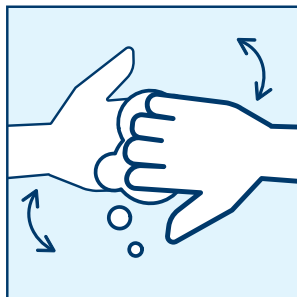
**3** Scrub hands and arms vigorously starting with palms



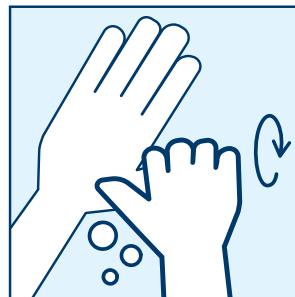
**4** Rub the back of one hand against the palm of the other, then swap



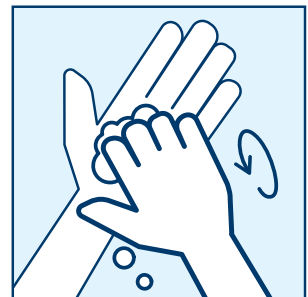
**5** Rub palms together with fingers interlaced



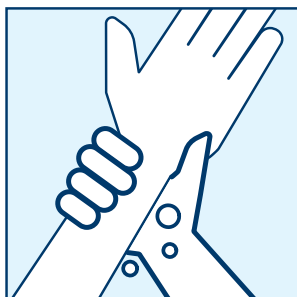
**6** Rub tips of fingers against palm of the opposite hand



**7** Wash each thumb by rotating inside the palm of the other hand



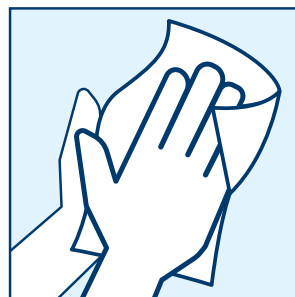
**8** Rub the backs of fingers in small circular motions against palms



**9** Remember to wash the wrists



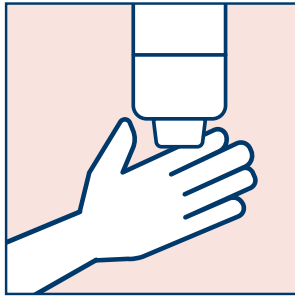
**10** Rinse hands and arms thoroughly with water for 30 seconds



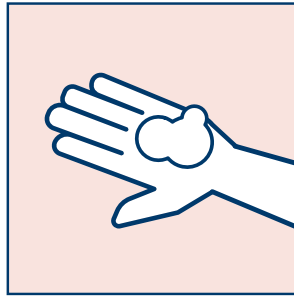
**11** Dry hands and arms with a single use paper towel

## Hand sanitising procedure

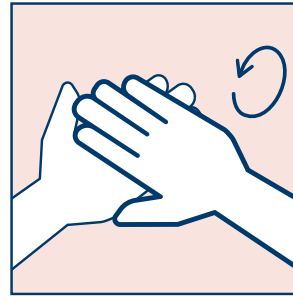
Disinfect your hands thoroughly for at least 30 seconds



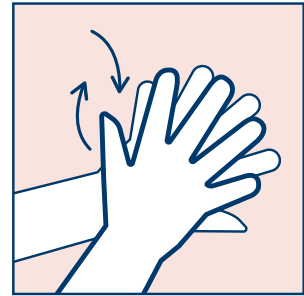
**1** Dispense sanitiser



**2** Ensure you have enough to cover both hands and wrists



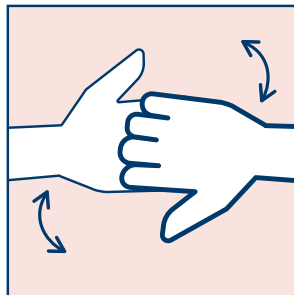
**3** Rub the palms together



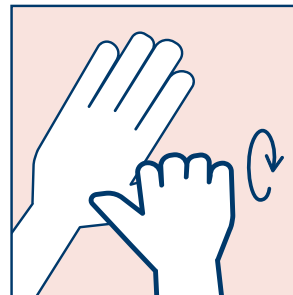
**4** Rub the back of one hand against the palm of the other, then swap



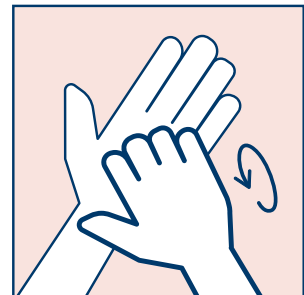
**5** Rub palms together with fingers interlaced



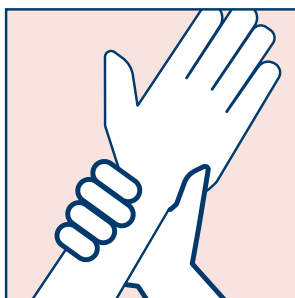
**6** Rub tips of fingers against palm of the opposite hand



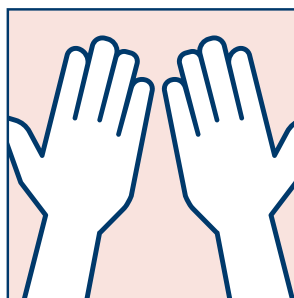
**7** Rub each thumb by rotating inside the palm of the other hand



**8** Rub the backs of fingers in small circular motions against palms



**9** Remember to sanitise the wrists



**10** When dry, your hands are safe



**Download 'How to wash and sanitise' posters**

# Best Practice tips



## Tork Skincare Dispenser

- ❌ Avoid refillable bulk soap, studies shows bacteria builds up inside dispenser\*
- ✅ Choose dispensers that are easy to clean and **HACCP approved**
- ✅ Ensure soap is always available with lockable dispensers and refillable window

## Tork Soap and Sanitiser Refills

- ✅ Look for a minimum **70% alcohol** content
- ✅ Use liquid soap with higher dose for longer washing
- ✅ Use premium soaps with moisturisers or unscented to maintain skin health



\*<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3126420/#:~:text=Bulk%2Dsoap%2Drefillable%2Ddispensers%20are,in%20public%20restrooms%20are%20contaminated.>



## Tork Hand Towel Dispensers

- ✓ Use **touch free** or sensor dispensers
- ✓ Choose the right capacity to ensure no run out
- ✓ Ensure paper hand towel is always available with lockable dispensers and refillable window
- ✓ Choose dispensers that are easy to clean and **HACCP approved**
- ✗ Avoid using jet air dryers as these **spread 10X more bacteria** and viruses than using paper towel

## Tork Hand Towel Refills

- ✓ Use **premium quality** paper hand towels that make it easier to dry your hands properly
- ✓ Use **QuickDry** paper hand towels for frequent use and prevent bin overflow as the towels stay scrunched
- ✓ Flushable paper hand towels prevent toilet blockages



## Tork Bins

- ✓ Use bins with wide opening and large enough for touch free disposal and minimize overflow
- ✓ Use bins that house the bag inside to prevent bacteria and viruses collecting on bag and ensure bins are easy to clean and wipe down
- ✓ Use bins that can be mounted (recommended 20cm above floor level) to prevent them tipping over and allow easy access for cleaning underneath





# How Tork helps



## Poster Promoters

Tork are here to help you create a safe and healthy environment with posters that you can use around your site to prompt staff and visitors on how to maintain good hand hygiene.



[Download the poster promoters today](#)



## Training

We also offer online and face to face training. Our online training platform allows you to ensure all staff have been trained and provides flexibility of when and how they are trained.

Our face-to-face training provides an interactive and fun learning experience with the use of a GlitterBug Potion to demonstrate the importance of hand hygiene.



## Segment Materials

As global experts in professional hygiene for over 50 years, Tork is dedicated to delivering hygiene and cleaning solutions.

We have developed industry specific toolkits and checklists to help ensure the health and safety of your staff and visitors.

Our recommendations help you identify optimum placement of dispensers and products throughout your facility.



[Download a checklist](#)

[Download a toolkit](#)



# Take action with Tork

## Sustainable Paper Hand Towel



Lower your climate impact with products made locally with geothermal steam and renewable energy



Tork products are FSC certified



Reduce packaging waste by 84%<sup>2</sup> with our Tork Carry packs



All Tork products are exploitation free



Utilise our Better World program to let your staff and guests know they are using sustainable products

## Sustainable Soap



Tork Cartridges are 100% recyclable



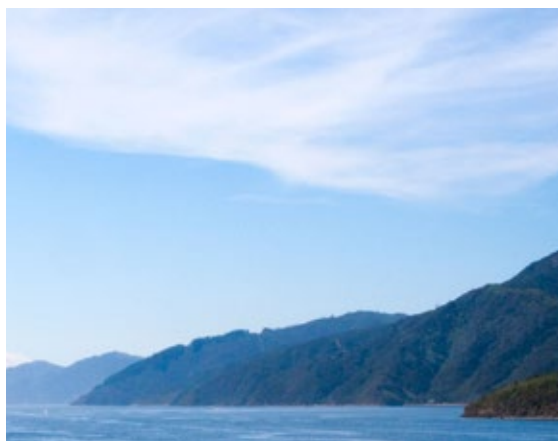
All Tork soap has been tested and meets Proderm dermatological certification

Composting hand  
towels reduces  
greenhouse gas  
emissions by

**50%**<sup>1</sup>

<sup>1</sup> Environmental Production Declaration (EPD) Tork Hand Towels S-P-00851 and Toilet Paper S-P-00852. <sup>2</sup> compared to Cardboard cases.





Take action to meet your sustainability goals and promote the choices you've made with Tork to your staff and visitors with our Better World posters and social media posts.



### Tork Better World Program

Click here to find out more [Better World Australia](#) or [Better World New Zealand](#)

Improve your hand hygiene standards, visit [tork.com.au](http://tork.com.au) or [tork.co.nz](http://tork.co.nz)



**Australia**  
Sales & Support Centre  
Free phone 1800 643 634  
PO Box 1580  
Clayton South, Victoria 3169  
[customerservice@asaleocare.com](mailto:customerservice@asaleocare.com)

**New Zealand**  
Sales & Support Centre  
Free phone 0800 523 565  
Private Bag 93-100  
Henderson, Waitakere 0650  
[customerservice@asaleocare.com](mailto:customerservice@asaleocare.com)



**Think ahead.**

Note: All reasonable care has been taken to ensure that the information containing in this publication is accurate and correct at the time of publication. Product changes may occur without notice.

©July 2020 Asaleo Personal Care Pty Ltd ABN 55 005 442 375 ©Tork is Registered Trademark of Essity I780