



Hand Sanitizer Use: Maintaining healthy hands

Clean hands are healthy hands! Maintaining healthy skin is important to prevent skin breakdown. Some of the new hand sanitizing products available in the Saskatchewan Health Authority (SHA) do not have emollients in them like the products staff are familiar with. Some steps you can take to protect your hands include:

- Routinely use hand lotion during your shift and while at home;
- Drink lots of water to maintain natural moisture in skin;
- Wear gloves or mitts to protect hands from cold air;
- Use warm, not hot, water for handwashing as hot water breaks down the natural oils on the skin;
- Use protective gloves to protect hands from further irritation from chemicals at home (e.g., when doing dishes, gardening, etc).

Hand Sanitizer Products in SHA:

- SHA has several approved suppliers of hand hygiene products, specifically alcohol based hand rub (ABHR), to ensure adequate supply and access to sufficient hand hygiene products when needed.
- These products must meet the [Health Canada requirements](#) for safety, effectiveness and quality and use the [WHO-recommended Hand Rub Formulations](#) before procurement.
- These products may look, smell and feel different from the products usually supplied; however, they are just as safe and effective in killing and preventing the spread of microorganisms.
- The alcohol concentration in these products may vary. Concentrations between 60%-80% are the [most effective](#).
- **If you wonder whether a product is approved for use in your area, contact your immediate supervisor.**

