

A close-up photograph of a hand wearing a black nitrile glove, dripping water into a dark bowl. The water is captured mid-fall, creating a series of droplets. The background is blurred, showing a person in a white lab coat. The entire image is framed by a white border.

HAND HYGIENE

& SAFETY

Contents

- CRAFTSMANSHIP -	HAND HYGIENE basics & usage ✓	1
- CRAFTSMANSHIP -	Principles of hand hygiene ✓	2
- CRAFTSMANSHIP -	Hand hygiene with gloves ✓	3
- CRAFTSMANSHIP -	Material of disposable gloves ✓	4
- CRAFTSMANSHIP -	Butcher stab-resistant gloves ✓	5

- CRAFTSMANSHIP - HAND HYGIENE basics & usage ✓

Courses: Hand hygiene

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

□ For numerous years, handwashing has played a key role in personal hygiene and has been part of religious and cultural practices.

Nonetheless, it was only in the last two hundred years that a connection between health and handwashing was established.

□ To prevent the spread of infections by effectively removing germs from hands, hand hygiene is a fundamental practice.

Directions

Significance of Hand Hygiene

Pathogens, including viruses and bacteria, are most commonly transmitted to the body via the mouth, nose, or eyes from contaminated surfaces through hands. Proper hand hygiene greatly lowers the risk of infections like colds, flu, gastrointestinal illnesses, and other communicable diseases, safeguarding both yourself and those around you. In healthcare environments, hand hygiene is essential for preventing infections acquired in hospitals.

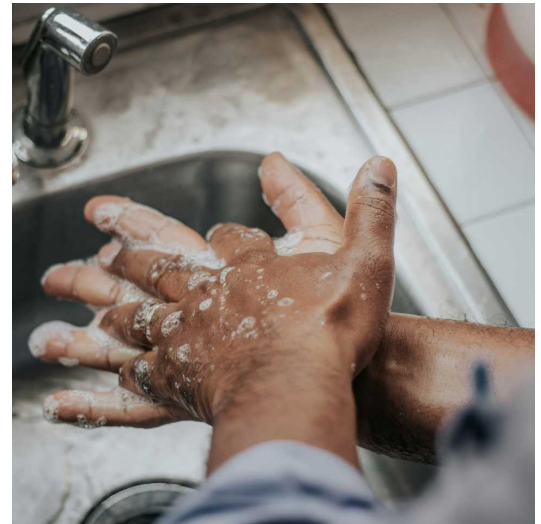
- CRAFTSMANSHIP -

Principles of hand hygiene ✓

Courses: Hand hygiene

Collections: PURPOSE & HISTORY

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Ingredients

When to Apply Hand Hygiene

Hand hygiene must be carried out:

After visiting the restroom

Prior to consuming or making food

After coughing, sneezing, clearing the nose

After coming into contact with public surfaces,

like door handles or keyboards

When caring for sick individuals or vulnerable populations

Directions

Correct Method of Handwashing

For effective handwashing, adhere to these steps:

1. Hands should be rinsed with running water at a pleasant temperature.

Use soap & create a rich lather:

Palms, backs of hands, fingers, spaces between fingers, thumbs, fingertips, areas under the nails.

To minimize contamination, liquid soap is favoured in public environments.

2. Rub your hands for 20 to 30 sec, about the duration of singing "Happy Birthday" two times. This time span is adequate for a significant reduction of germs.

3. Wash hands under the tap to get rid of all soap and dirt. Use a clean towel or disposable paper towel to completely dry your hands. To prevent recontamination in public restrooms, use a towel or your elbow to shut off the tap.

Additional Measures and Alternatives

In the absence of soap and water, hand sanitizers with alcohol content serve as effective means for regular disinfection, particularly in healthcare or public environments. For hands that are visibly dirty, it is advisable to use cleaning wipes or to wash with soap and water. To help keep the home hygienic, it is important to wash **personal hand towels regularly** at **high temperatures ($\geq 60^{\circ}\text{C}$)** and to change them frequently.

Campaigns for Public Health

Initiatives such as "Aktion Saubere Hände" in Germany advocate for adherence to hand hygiene practices in healthcare settings, highlighting its importance for patient safety and the prevention of infections. These initiatives underscore the significance of maintaining consistent hand hygiene practices in all environments.

- CRAFTSMANSHIP -

Hand hygiene with gloves ✓

Courses: Hand hygiene

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

□ In the food industry, wearing gloves is often mandatory – in the gastronomy sector, it is not. Among chefs, opinions differ on whether working with gloves is more hygienic than working without. Here are answers to when gloves are useful.

□ Principles of Hand Hygiene:

Do not wear jewelry

Keep your fingernails short

Wash your hands regularly under running warm water with soap or special hand disinfectant for the kitchen

Dry your hands after washing with disposable towels

Take care of your hands regularly

□ Hand hygiene with gloves:

Put on gloves after washing hands

Change gloves regularly

Wash hands well between changes

Directions

Many chefs advocate wearing gloves to protect their hands and avoid frequent hand washing, while others do not like the feel of gloves and prefer to work with bare hands. Because only with uncovered fingers does the chef have the necessary sense for precise and fast work – since the hands are the chef's tool, this is indispensable. We provide answers to the question of when gloves are useful.

Hygienic or not?

Current studies now prove that wearing gloves is not more hygienic than working with "bare" hands – provided good hand hygiene is observed.

Often, working with disposable gloves is even less hygienic, as the "disposable" aspect is not taken very seriously by many chefs.

If you wear gloves while working, they must be changed regularly, ideally after each task or product change, which leads to tremendous consumption of disposable gloves throughout the day.

Hands must also be clean when putting on gloves to avoid contaminating them. Washing hands is also required afterward, because under the gloves the skin quickly begins to sweat and the natural bacteria on the skin multiply. even when wearing gloves, you cannot avoid regular hand washing.

Gloves & the Placebo Effect

Many food businesses or restaurants rely on gloves to give customers and guests an impression of hygiene. Some guests may be bothered if the chef handles and prepares mainly cold foods, which are not reheated, with bare hands. Gloves are generally associated with a high standard of hygiene and this is transferred to the entire restaurant – even if it is often more appearance than reality. Of course, you can only convince your guests in the long term through real hand hygiene in the kitchen.

- CRAFTSMANSHIP -

Material of disposable gloves ✓

Courses: Hand hygiene

Collections: PURPOSE & HISTORY

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Ingredients

What material should disposable gloves be made of?

Disposable gloves are available in various materials.

Latex gloves:

Latex is obtained from rubber trees. The material is very elastic and is therefore well suited for disposable gloves. The greatest advantage of latex gloves is the good wearing comfort and the excellent fit. Latex is food-safe and resistant to oil and grease. Therefore, latex gloves are perfect for use in the kitchen, in housekeeping, or in the laboratory. However, the material can cause intolerances in people with a latex allergy.

Nitrile gloves:

are resistant to chemicals, oil, and grease.

This makes them an optimal choice for the kitchen.

Gloves in black or white?

The colour of the gloves is usually a matter of taste. While black gloves look trendier, white gloves have the advantage that dirt is more visible and the gloves can therefore be changed immediately.

Directions

When are gloves useful?

There are therefore no advantages to wearing gloves continuously. Nevertheless, special conditions make wearing gloves necessary in exceptional cases – especially when it comes to protecting the wearer, that is, the cook:

Processing odorous or staining foods

If you work with beetroot, chili, red cabbage, fish, onions, or other staining or odorous as well as sharp or aggressive foods, it is recommended to wear gloves while processing to, for example, avoid skin discoloration and prevent stubborn odours on the hands.

Open, sensitive, or injured hands

Hands are exposed to water, liquids, and other influences in everyday kitchen life. If you suffer from particularly sensitive hands, you should preferably wear disposable gloves while working. This protects your skin from injuries and also ensures that your food does not come into contact with bloody skin cracks. If you depend on gloves while cooking, you should definitely change them regularly!

Intolerances

If you, as a cook, have intolerances or allergies to certain liquids or foods, wearing gloves is also recommended in such cases.

- CRAFTSMANSHIP -

Butcher stab-resistant gloves ✓

Courses: Hand hygiene

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Ingredients

Stab-Resistant Clothing – Protect Yourself from Injuries

Directions

When working daily as a small-scale butcher, stab-resistant clothing is of the highest priority.

Constant handling of sharp knives, tasks that require significant physical effort, and the use of meat grinders and many other machines make the daily work of a small-scale butcher even more dangerous.

Above all, the hands are therefore exposed to great risk. Protect your body with high-quality stab-resistant clothing from all kinds of injuries!

Numerous models enable a smooth workflow without having to forgo adequate protection.

Anyone who has ever worked with cut-resistant gloves knows how difficult it can be to handle fine pieces of meat with the very coarse metal gloves.

To ensure good grip is maintained and you do not have to compromise on optimal tactile sensation despite wearing safety gloves, we also offer cotton liner gloves, which can be worn under the cut-resistant gloves.

The cotton liner gloves are sewn particularly robustly and therefore provide optimal conditions for precise work steps.