

**Perfecting the Science of Learning**  
with a Focus on Values, Service and STEM Curriculum

All-School Open House: Tuesday, January 27, 2015

Register by February 28, 2015 and receive **\$25 Off** the registration fee!

Click to learn more >



# THE EVENING SUN LOCAL NEWS

Weather: ☁ Hanover, PA | Now: 27° | High: 36° | Low: 25° | 5-Day Forecast

[Subscribe](#) | [Customer Care](#)

[News](#) [GPI](#) [Sports](#) [enr](#) [Business](#) [arm](#) [Entertainment](#) [Lifestyle](#) [Obituaries](#) [Opinion](#) [Me](#) [Photos and Video](#) [Marketplace](#) [Tools](#) [Hanover](#)

[Home](#) →  
[Local News](#)  
[Story](#)

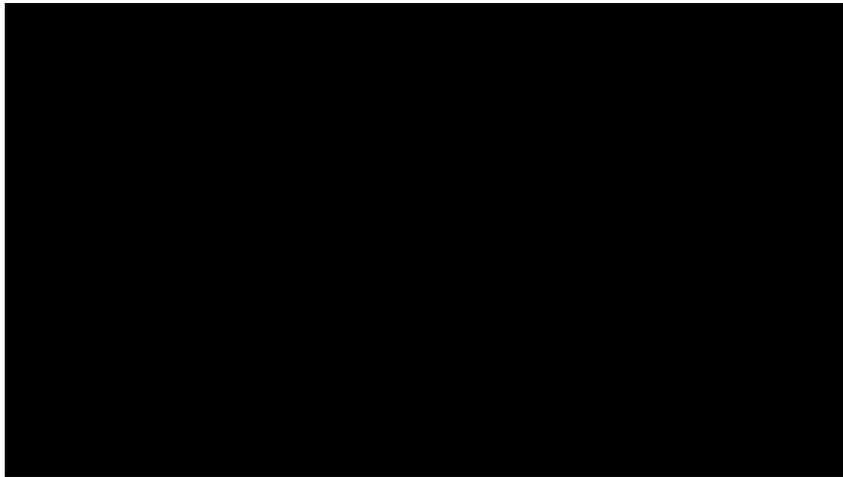
## A day for proper hand-washing techniques at YTI Career Institute — York

Turns out, you don't need hot water to clean your hands

By Caitlin Kerfin

[ckerfin@ydr.com](mailto:ckerfin@ydr.com) [@ckerfin on Twitter](#)

POSTED: 01/14/2015 04:57:51 PM EST



Video: [Megan Blazosky, of Dover Township, demonstrates the proper technique of hand washing](#)

In a classroom setting with lab tables and a sink, a group of four medical assistant students at YTI Career Institute — York chat with instructor Qiana Moultray, a licensed practical nurse.

In a program that lasts 21 months, and meets twice a week for two hours. Wednesday, they spent the whole day working on hand washing and gloving for the infection control section. Gloving includes learning how to take gloves on and off, making sure there are no holes and correct sizing.

The bulk of Wednesday's class focused on the theory, how and why we wash our hands. Then, a demonstration was done by the instructor and they watched an approved video demonstration. After students practiced by themselves or with each other before they were tested on the skill.

"We're never going to get rid of viruses," Moultray said. "Hand washing tries to slow the spread of germs." Some germs can also be spread by surfaces. People will touch a surface and then

**Supplies & Inspiration for Your Sewing Hobby!**

Exceptional customer service since 1993!



BERNINA Sewing Machine Sales

Sewing Machine Repair

Fabric & Notions

Sewing Classes

**Danner's BERNINA shoppe**

551 Beck Mill Road, Hanover, PA  
717-637-4685  
Mon. & Fri. 9am-8pm  
Tues., Wed. & Sat. 9am-5pm  
Sun. & Thurs. Closed

**Click for a Look Inside our Store!**

touch their face or eyes, she said.

For student Megan Blazosky from Dover Township, medical assisting training provides a foundation and is a baby step to her ultimate goal of becoming a nurse.

Wednesday, she learned something she hadn't thought of before.

Advertisement



"I always knew we needed to scrub, but never knew to get under nails," Blazosky said.

Here are some tips for washing your hands:

**1. Keep arms low in the sink**

Lifting the hands up may cause water to fall back down arms that could be dirty, Moultrely said.

**2. Length of washing**

Handwashing at home is different than what medical professionals practice. For example, the CDC recommends humming the happy birthday song twice which should take 15 to 30 seconds, Moultrely said. Professionals take more time and make sure to get higher up the arm.

**3. Not motion sensing?**

If the sink has handles and is not motion sensor, paper towels must be used to turn it on and off.

**4. Does the water have to be hot?**

Moultrely also debunked the myth that hot water needs to be used to kill bacteria.

"Warm or cold water can be used," she said. "Don't burn yourself. No matter how hot you get the water, you won't kill all the germs. Warm, soapy water or cold, soapy water is fine, the key is manual friction."

**Also of interest**

[Did anyone in this week's restaurant inspections have hand-washing problems?](#)

**RELATED**

[Fire Log for Jan. 15](#)

[Today's weather: Late week warmup continues](#)

[Photos: Biglerville High School's play opens Friday night](#)

**TAKE ACTION**

[Got a tip?](#)

[Send us a photo](#)

[Download our apps](#)

[Have a correction?](#)

**Offers and articles from around the Web**

ADVERTISEMENT

