

HAND HYGIENE



JUST WASH YOUR HANDS

Hand hygiene is the MOST important and effective prevention control measure you can take. It is your responsibility to keep yourself and your clients safe!



TWO WAYS TO WASH

You effectively wash with soap and water and/or 70-90% alcohol based hand rub (ABHR). ABHR is the preferred method if hands are not visibly soiled.



WHY?

Your hands are the common link between your client, the environment and equipment. The majority of health care associated infections are caused by the contaminated hands of health care providers



WHEN ?

- Before and after eating
- After using the washroom
- Before any contact with a client and their environment
- Before and after wearing gloves
- After bodily fluid exposure even if gloves are worn
- After contact with a client and their environment



THE STEPS USING ABHR

- no rings, nail enhancements and wrist jewelry. All watches must be pushed up
- apply 1-2 pumps of product to DRY unsoiled hands
- rub hands together palm to palm
- rub between and around each finger
- rub the back of each hand with the palm of the other
- rub the fingertips of each hand in the palm of the other
- rub each thumb clasped in the opposite hand
- rub until your hands are dry for a minimum of 15 seconds



THE STEPS HAND WASHING

- wet hands with warm water
- apply liquid or foam soap
- lather soap and rub hands palm to palm
- rub between and around each finger
- rub the back of each hand with the palm of the other
- rub the fingertips of each hand in the palm of the other
- rub each thumb clasped in the opposite hand
- After a minimum of 15 seconds , rinse hands thoroughly under running water
- PAT hands dry with paper towel to avoid damaging skin
- turn off taps with towel and dispose

HAND HEALTH IS VITAL

Proper hand hygiene includes caring for your hands. Ensuring they are not chapped or cracked as that can let infection in .

Ensure you are moisturizing regularly. hand creams or lotions that do not contain petroleum based materials, mineral oil, fragrances, dyes or antibiotics can be used with protective gloves.