

A guide for patients and families

Hand Hygiene



Overview



Keeping your hands clean through improved hand hygiene is one of the most important steps you can take to avoid getting sick.

The importance of Hand Hygiene

- ◆ Remove dirt and germs from hands
- ◆ Protect yourself, families and friends



Are You Washing Your Hands Properly?



Back



Front



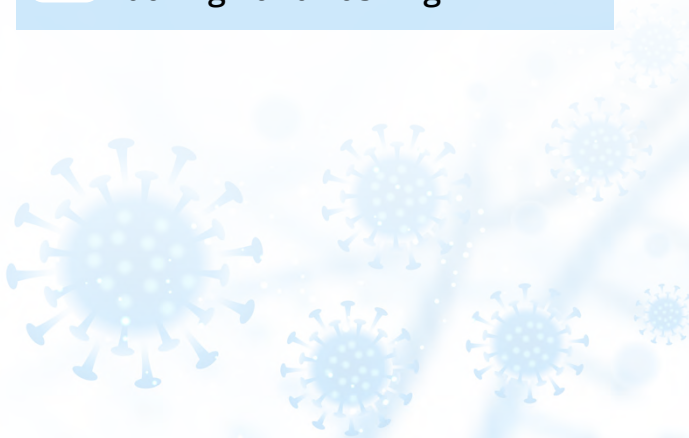
Areas not missed during handwashing



Areas less frequently missed during handwashing



Areas most frequently missed during handwashing



When Do I Wash My Hands?



**Before meal or
handling of food**



**When your
hands are dirty**



**After using
the toilet**



**After blowing
your nose**



**After handling
of rubbish**

How Do I Wash My Hands Using An Alcohol-based Sanitiser?



Step 1:

Put product on hands and rub hands together.



Step 2:

Cover all surfaces until hands feel dry.



Step 3:

This should take around 30 seconds.

When Do I Perform 7-Steps of Hand Hygiene?



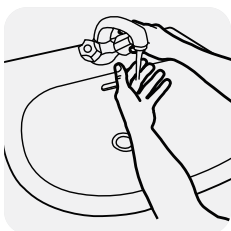
Before doing any procedure on your loved ones, such as wound dressing/ tube feeding/ changing of urine bag.



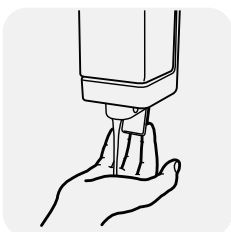
After contact with blood and body fluids such as saliva, urine and faeces.

How Do I Perform Hand Hygiene?

Handwash



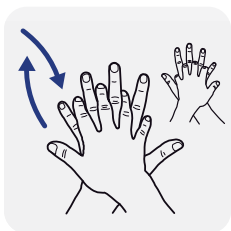
Step 0:
Wet hands with water.



Step 1:
Apply enough soap to cover all hand surfaces.



Step 2:
Rub hands palm to palm.



Step 3:
Right palm over left dorsum with interlaced fingers and vice versa.



Step 4:

Palm to palm with fingers interlaced.



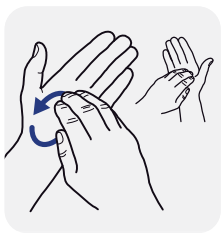
Step 5:

Backs of fingers to opposing palms with fingers interlocked.



Step 6:

Rotational rubbing of left thumb clasped in right palm and vice versa.



Step 7:

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



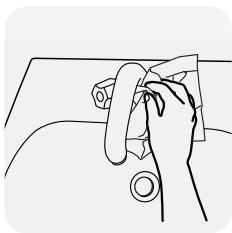
Step 8:

Rinse hands with water.



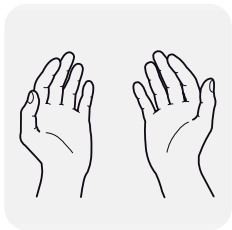
Step 9:

Dry hands thoroughly with a single use towel.



Step 10:

Use towel to turn off faucet.



Step 11:

Your hands are now safe.

How Do I Perform Hand Hygiene?

Handrub



Step 1:

Apply a palmful of the product in a cupped hand, covering all surfaces.



Step 2:

Rub hands palm to palm.



Step 3:

Right palm over left dorsum with interlaced fingers and vice versa.



Step 4:

Palm to palm with fingers interlaced.



Step 5:

Backs of fingers to opposing palms with fingers interlocked.



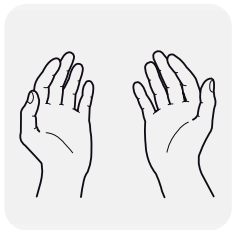
Step 6:

Rotational rubbing of left thumb clasped in right palm and vice versa.



Step 7:

Right palm over left dorsum with interlaced fingers and vice versa.



Step 8:

Once dry, your hands are safe.



Copyright © 2024 National Healthcare Group