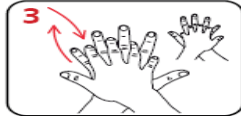


# HAND HYGIENE

Hand hygiene is the single most effective way to prevent the spread of micro organisms.



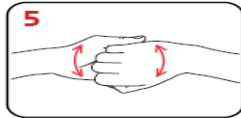
2 Rub hands palm to palm



3 Rub back of each hand with the palm of other hand with fingers interlaced



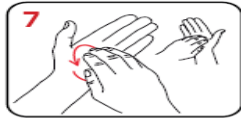
4 Rub palm to palm with fingers interlaced



5 Rub with backs of fingers to opposing palms with fingers interlocked



6 Rub each thumb clasped in opposite hand using rotational movement



7 Rub tips of fingers in opposite palm in a circular motion



8 Rub each wrist with opposite hand

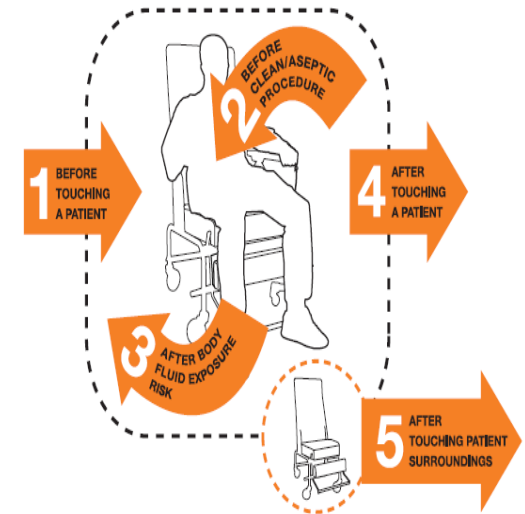
## Bare below the Elbow

No watches, wrist jewellery or stoned rings  
No nail extension or nail varnish.

Cover cuts and abrasions with water proof plasters  
Sleeves should be short, or rolled up during clinical work.

**Alcohol gel** can be used on visibly clean hands only. The same technique for washing with soap should be followed.

## Your 5 Moments for Hand Hygiene



Are you completing your hand hygiene audits?

### Always carry out effective hand hygiene.

- Apply soap to wet hands, alcohol gel can be used if hands are visibly clean.
- Use correct washing technique to ensure soap/gel comes in contact with all surfaces.
- Rinse soap from hands adequately
- Ensure hands are dried thoroughly using disposable paper towels.

**Adequate rinsing, drying and moisturising with hand cream/lotion (were achievable) are key factors in maintaining skin integrity**