

HAND HYGIENE

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



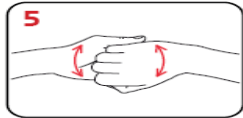
2 Rub hands palm to palm



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



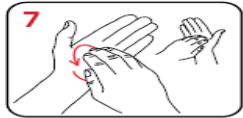
4 Rub palm to palm with fingers interlaced



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

Staff should always carry out effective hand hygiene using the correct technique.

- 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 and drying are key factors in maintaining skin integrity and preventing dermatitis.



Encourage children with hand washing and teach them to wash hands properly. Children should wash hands:-

- Before eating meals or snacks
- After using the toilet
- After playing with messy play i.e. paint, play doh
- After petting any animals.

Alcohol gel can be used when hands are visibly clean.

Staff should ensure that they use the same technique as for hand washing.

Please contact the Infection control team if you require any further advice 01744 457 314/312