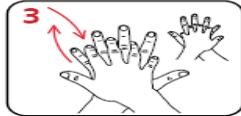


HAND HYGIENE

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



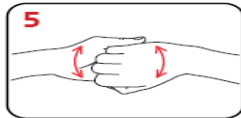
2 Rub hands palm to palm



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



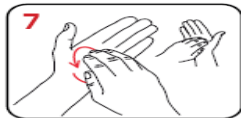
4 Rub palm to palm with fingers interlaced



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

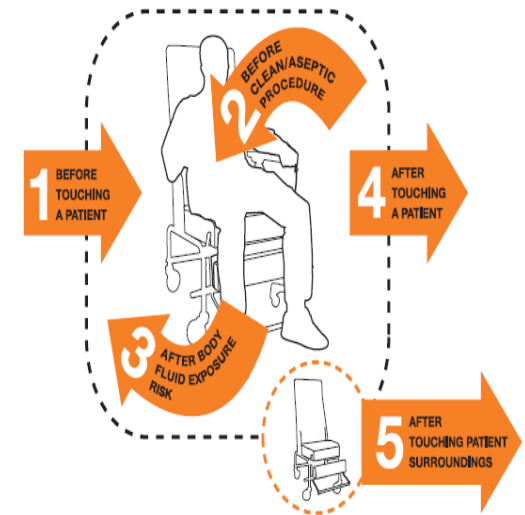
Bare below the Elbow

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 when hands are visibly clean. Do not use for clostridium difficile patients or during outbreaks.

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 and drying are key factors in maintaining skin integrity.