

SAVE LIVES
Clean **Your** Hands

August 2009

Hand Hygiene

When and How



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

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How to handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

<p>1a</p> <p>Apply a palmful of the product in a cupped hand, covering all surfaces;</p>	<p>1b</p> <p>Rub hands palm to palm;</p>	<p>2</p> <p>Rub hands palm to palm;</p>
<p>3</p> <p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>4</p> <p>Palm to palm with fingers interlaced;</p>	<p>5</p> <p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p>6</p> <p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>7</p> <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>8</p> <p>Once dry, your hands are safe.</p>

How to handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the entire procedure: 40-60 seconds

<p>0</p> <p>Wet hands with water;</p>	<p>1</p> <p>Apply enough soap to cover all hand surfaces;</p>	<p>2</p> <p>Rub hands palm to palm;</p>
<p>3</p> <p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>4</p> <p>Palm to palm with fingers interlaced;</p>	<p>5</p> <p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p>6</p> <p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>7</p> <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>8</p> <p>Rinse hands with water;</p>
<p>9</p> <p>Dry hands thoroughly with a single use towel;</p>	<p>10</p> <p>Use towel to turn off faucet;</p>	<p>11</p> <p>Your hands are now safe.</p>

Clean hands are safer hands.

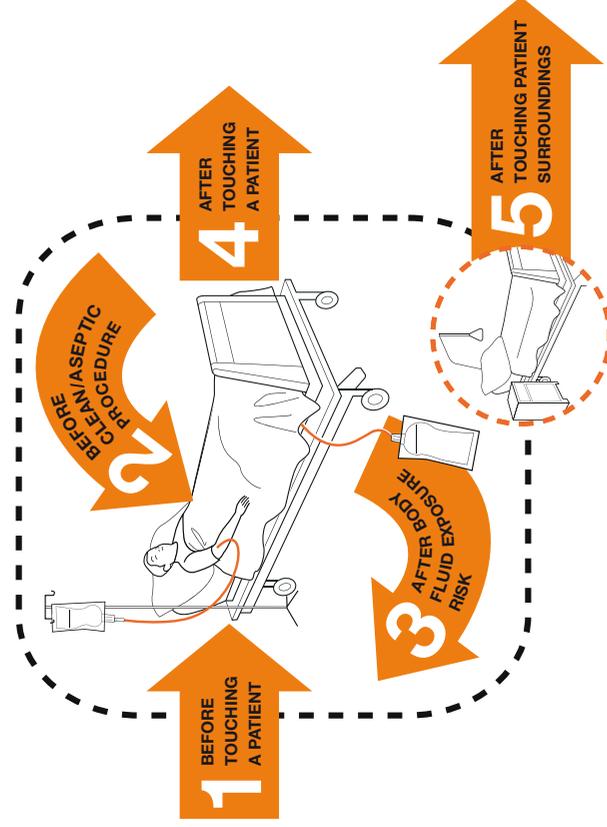
Are yours clean?



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When?

YOUR 5 MOMENTS FOR HAND HYGIENE



1 BEFORE TOUCHING A PATIENT	WHEN? Clean your hands before touching a patient when approaching him/her. WHY? To protect the patient against harmful germs carried on your hands.
2 BEFORE CLEAN/ ASEPTIC PROCEDURE	WHEN? Clean your hands immediately before performing a clean/aseptic procedure. WHY? To protect the patient against harmful germs, including the patient's own, from entering his/her body.
3 AFTER BODY FLUID EXPOSURE RISK	WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal). WHY? To protect yourself and the health-care environment from harmful patient germs.
4 AFTER TOUCHING A PATIENT	WHEN? Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side. WHY? To protect yourself and the health-care environment from harmful patient germs.
5 AFTER TOUCHING PATIENT SURROUNDINGS	WHEN? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched. WHY? To protect yourself and the health-care environment from harmful patient germs.