WHAT SHOULD YOU DO IF YOUR HANDS BECOME CRACKED OR IRRITATED?

1. Inform your supervisor.
2. Visit the employee health clinic for assessment and recommendations.

To perform hand hygiene all you have to do is to think about:

Where have you been?
What have you just done?
Where are you about to go?
What are you going to do next?

HAND HYGIENE

IT IS IN YOUR Hand

G.C.C. centre for Infection Control
King Abdulaziz Medical City
National Guards Health Affairs
Infection Prevention and Control Department

TEL: 0096612520088 ext: 43720

Family Can Be Harmed
Patients Can Be Harmed
Colleagues Can Be Harmed
WHY?

• It is a simple way to stay healthy.
• The single most important thing we can do to keep from getting sick and spreading illness to others is to clean our hands.
• Healthcare-associated infections can cause death. Most healthcare-associated infections are transmitted by hands. Cleaning hands can stop the transmission of these infections.
• Because you care.
• Because there is more than 750 evidence based references that emphasize its importance in preventing the healthcare-associated infections.
• Because it is an expectation and not an option.

WHO WILL BENEFIT?

✓ You/your family and colleagues
✓ Your patients
✓ Your hospital
✓ Humanity

WHEN TO PERFORM HAND HYGIENE?

BEFORE & AFTER USING GLOVES

HOW TO HANDWASH?

WASH HANDS ONLY WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB!

Duration of the entire procedure: 40-60 sec

1. Wet hands with water
2. Apply enough soap to cover all hand surfaces
3. Rub hands palm to palm
4. Right palm over left dorsal with interfaced fingers and axillae
5. Palm to palm with fingers interfaced
6. Backs of fingers to opposing palm with fingers interlocked
7. Rotational rubbing of left thumb clasped in right palm and axillae
8. Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and axillae
9. Rinse hands with water
10. Dry thoroughly with a single use towel
11. Use towel to turn off faucet
   and your hands are safe

Areas most frequently missed during hand washing
Less frequently missed
Not missed