



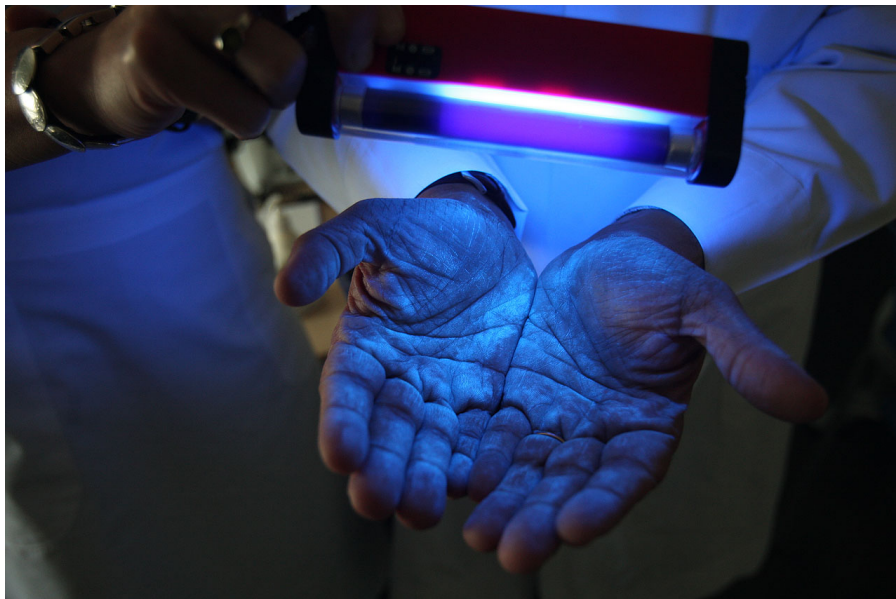
Hand Hygiene Workbook

Name.....

Date.....

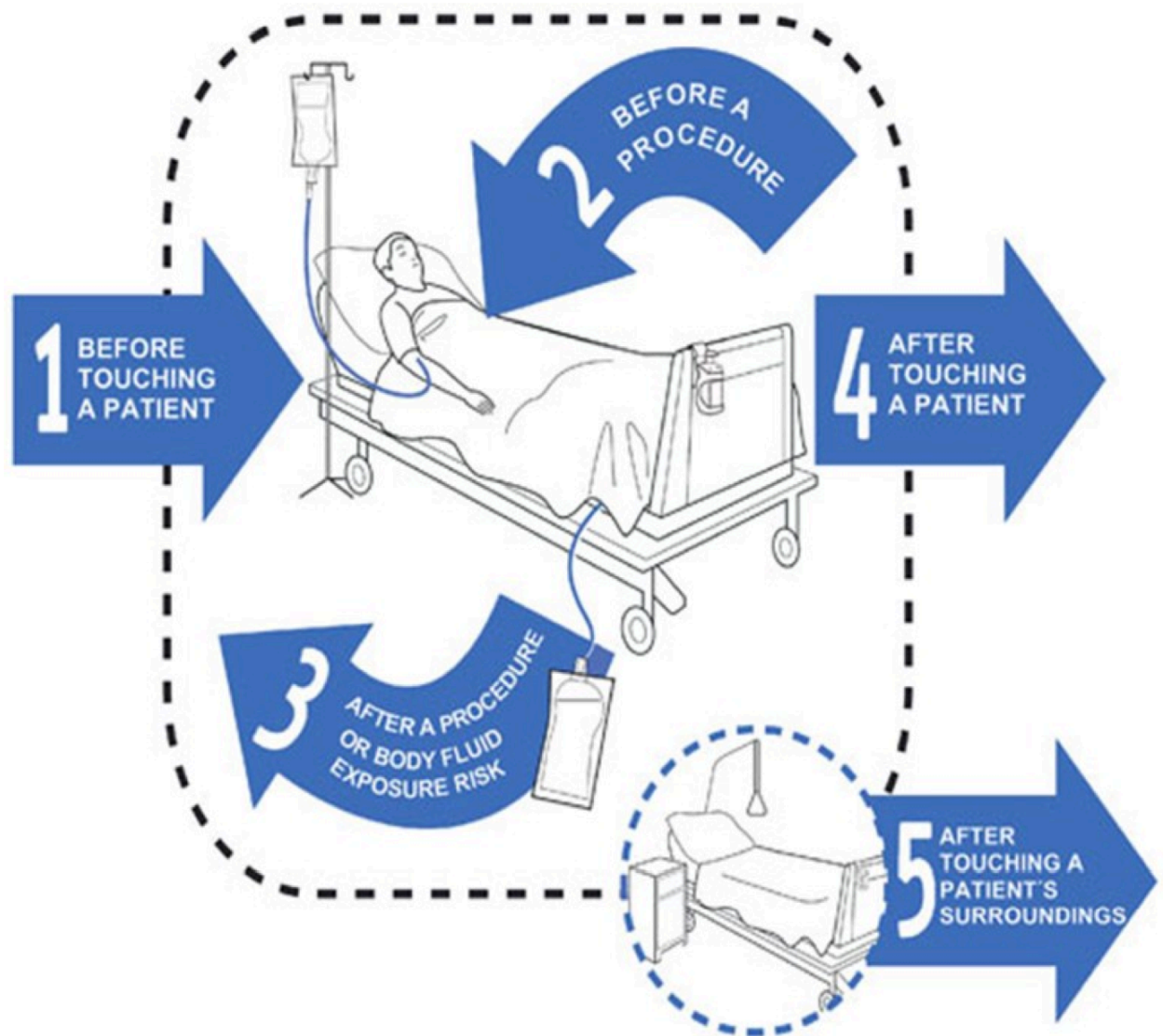
Objectives

- * To Understand the five moments of hand hygiene
- * To identify the correct methods for performing hand hygiene
- * To demonstrate the correct methods of hand hygiene



Hand Hygiene is the most important method of reducing the risk of infection for aged care residents or hospitalised patients.

The World Health Organisation has identified five key moments when hand hygiene should be performed these are called the 'five moments of hand hygiene'



'Based on the 'My 5 moments for Hand Hygiene', URL: <http://www.who.int/gpsc/5may/background/5moments/en/index.html> © World Health Organization 2009. All rights reserved.'

Hand hygiene can be performed using an alcohol based hand rub



or by washing your hands with soap and water.



Five Moments of Hand Hygiene



Moment 1



Before touching a resident or patient

Moment 2



Before a clean or aseptic procedure

Moment 3



After a procedure or when there is a body fluid exposure risk

Moment 4



After touching a a resident or patient

Moment 5




After touching a resident or patient surroundings or belongings

How to wash your hands

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health
Organization

Patient Safety

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SAVE LIVES

Clean Your Hands

How to use Alcohol based hand rub

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

 **Duration of the entire procedure: 20-30 seconds**



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



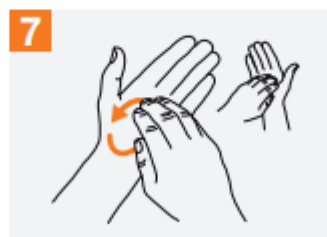
Palm to palm with fingers interlaced;



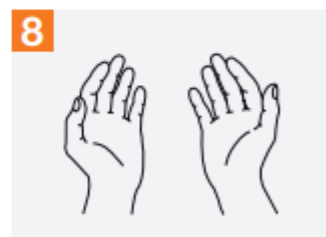
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



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SAVE LIVES
Clean Your Hands

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You should wash your hands if they are visibly dirty.

Gloves and Hand Hygiene

Gloves are used when contact with body substances is anticipated.

Gloves are single use.

Gloves cannot be washed between residents/patients.

Gloves must be discarded after each resident/patient contact.

Hand hygiene must be performed before putting on and after removal of gloves.



Hand Hygiene

I agree to adhere to the Hand Hygiene requirements.

Name:

Signature:

Date: