Key Messages

1. Up to 50% of all healthcare associated infections could be prevented if people cleaned their hands (WHO, 2009)

2. Prior to Presenting to Work
   - Nails should be cut short
   - No false nails should be worn
   - Remove rings and watches
   - Uniforms/clothing sleeves should “bear below elbow”

3. Hand hygiene must be performed
   - At the beginning and end of each work shift
   - Prior to preparing, handling or eating food
   - Following personal body functions, e.g. going to the toilet, smoking, blowing nose etc.
   - When moving from a domestic to another duty
   - When caring for service user as per ‘five moments’

**WHO Five Moments for Hand Hygiene**

1. Before Touching a Patient
2. Before Clean / Aseptic Procedure
3. After Body Fluid Exposure Risk
4. After Touching a Patient
5. After Touching Patient Surroundings
4. What to use

A. Wash with Soap & Water

When hands are visibly dirty
When dealing with certain germs, e.g. Clostridium difficile, Norovirus etc..

B. Use alcohol gels in all other situations

NOTE: Consider service users when placing alcohol gels at point of care, certain service users may drink the gels, use them to light fires etc. Perform a risk assessment!

5. Correct Techniques