



v1.1



### 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

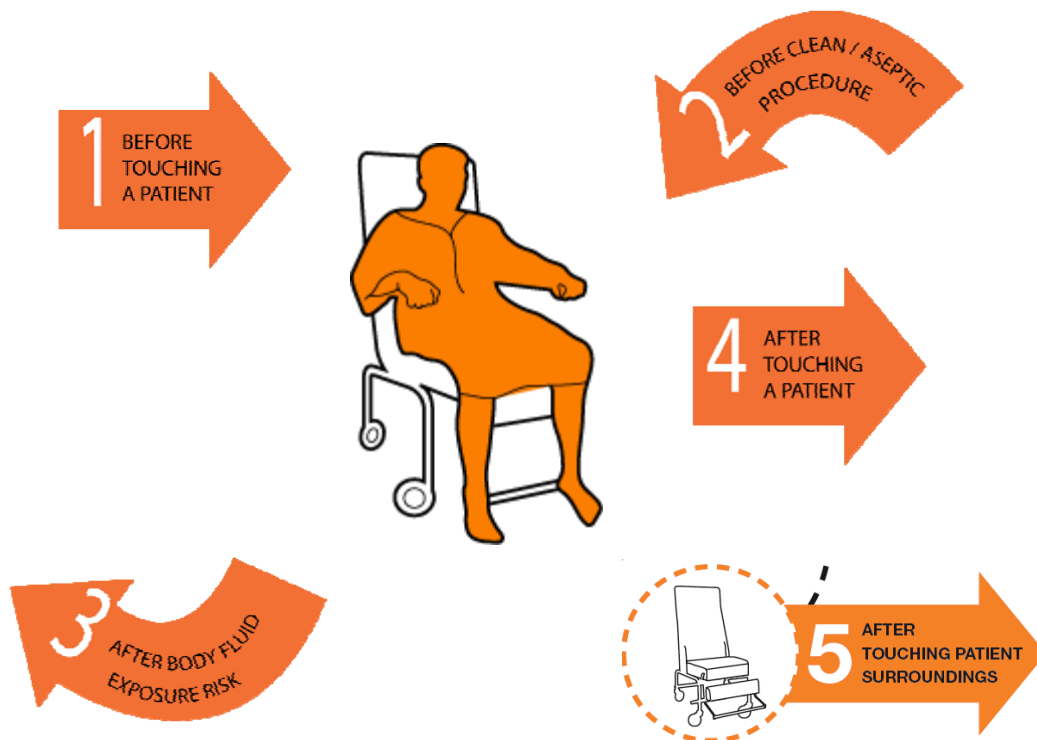
- Nails should be cut short
- No false nails should be worn
- Remove rings and watches
- Uniforms/clothing sleeves should “bear below elbow”



### 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



## 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

# How to Handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

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



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



1b Rub hands palm to palm;



2 Rub hands palm to palm;



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



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



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



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



8 Once dry, your hands are safe.

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May 2010

# How to Handwash?

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

**⌚ Duration of the entire procedure: 40-60 seconds**



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



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



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



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



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



8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.

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May 2010

Acknowledgements: G. Regan, Clinical Nurse Specialist-Infection Control LHO DNE, S. Donlon, Infection Prevention & Control Nurse Manager, Health Protection Surveillance Centre, H. Murphy, Infection Control/Communicable Disease Nurse Manager, Dept. of Public Health, HSE Dublin Mid-Leinster. Approved by Regional HCAI/AMR Committee, 2012