

Hands – Hand Hygiene

A Teaching Trust of the University of Birmingham
Safe & Effective | Kind & Caring | Exceeding Expectation

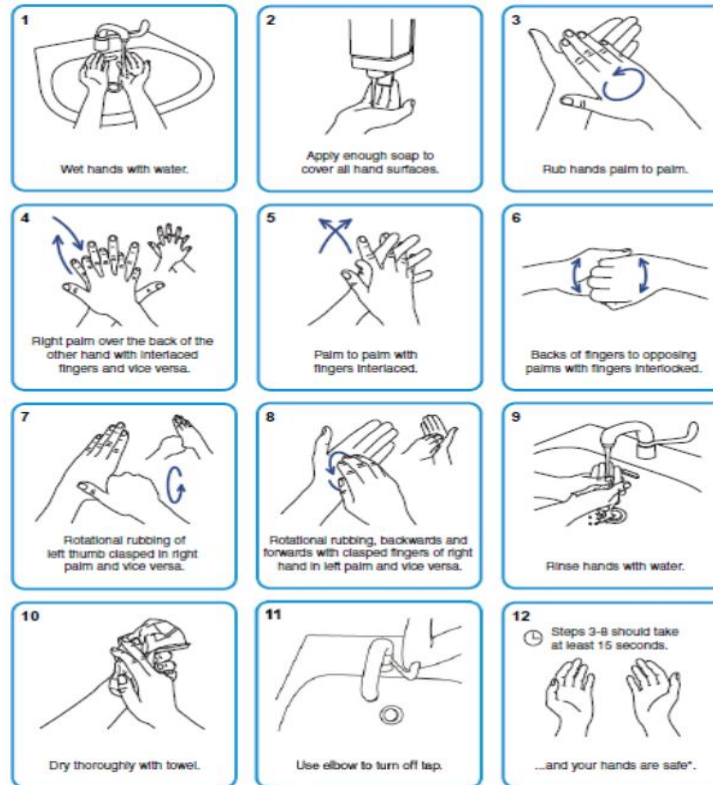


Choose the right product

- Soap and water remains the product of choice where available.
- Soap and water must be used when your hands are visibly soiled or are contaminated with bodily fluids.
- Alcogel is an acceptable substitute.
- Some of the large providers of hand hygiene product also produce medical grade foams that are kinder to your hands.

Good technique - Using soap and water

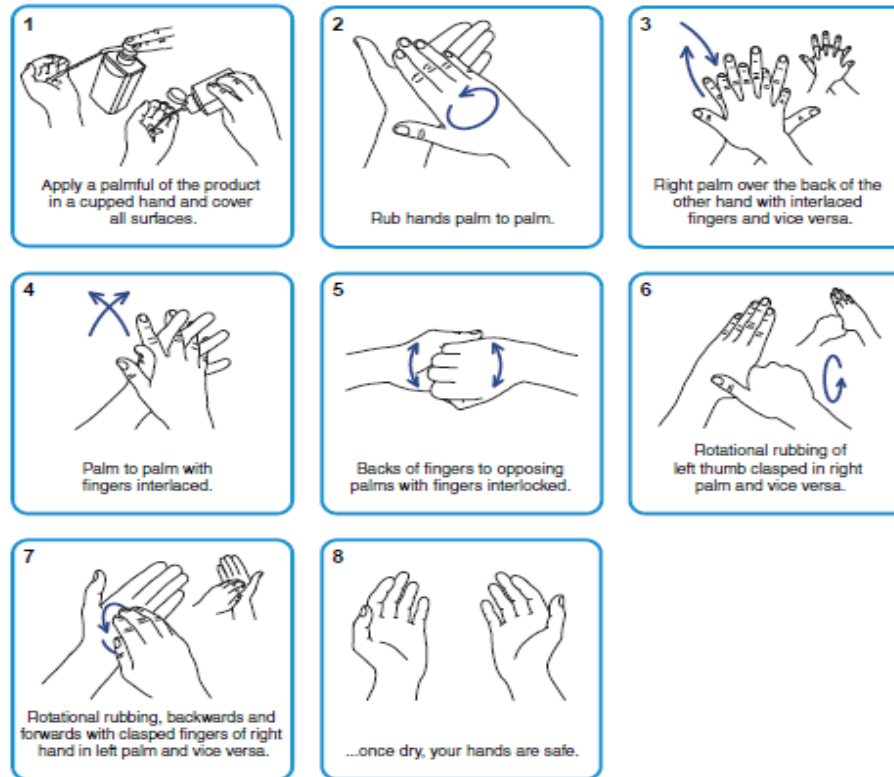
Steps 3-8 should take at least 15 seconds.



*Any skin complaints should be referred to local occupational health or GP.

Good technique - Using gels/ foams

Duration of the process: 20-30 seconds.



Bare below the elbow

- Short sleeves or long sleeves rolled up.

No jewellery

- Watches or bracelets (religious, metal ones are allowed).
- One plain wedding ring no stones rings.

Simple nails

- No long nails, no long false nails, no nail varnish.

When to wash

Your 5 Moments for Hand Hygiene



1 BEFORE PATIENT CONTACT	WHEN? Clean your hands before touching a patient when approaching him or her WHY? To protect the patient against harmful germs carried on your hands
2 BEFORE AN ASEPTIC TASK	WHEN? Clean your hands immediately before any aseptic task WHY? To protect the patient against harmful germs, including the patient's own germs, entering his or 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 PATIENT CONTACT	WHEN? Clean your hands after touching a patient and his or her immediate surroundings when leaving WHY? To protect yourself and the health-care environment from harmful patient germs
5 AFTER CONTACT WITH PATIENT SURROUNDINGS	WHEN? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving - even without touching the patient WHY? To protect yourself and the health-care environment from harmful patient germs