# Appendix 2

## 4 Moments Summary

<table>
<thead>
<tr>
<th>Moment</th>
<th>When?</th>
<th>Why?</th>
<th>Examples</th>
</tr>
</thead>
</table>
| **BEFORE PATIENT CONTACT** | When approaching - clean your hands before touching  
- a patient  
- any equipment, furniture or surface in their bed space | To protect the patient against harmful germs carried on your hands | - Before courtesy / comfort gestures: greeting a patient by shaking their hand or comforting them by touching their arm or shoulder  
- Before direct patient assistance with: dressing or undressing, personal hygiene, skin care, transfer to or from a chair or commode  
- Before clinical examination: taking a patient’s pulse or blood pressure, chest auscultation, abdominal palpation  
- Before IV pump adjustment, silencing monitoring alarms, replenishing supplies, sitting at bedside |
| **BEFORE AN ASEPTIC TASK** | Clean your hands immediately before any aseptic task  
(and before donning gloves) | To protect the patient against harmful germs, including the patient's own germs, entering his or her body | - Before contact with mucous membranes: oral / dental care, giving eye drops, suctioning respiratory secretion  
- Before contact with non-intact skin: skin lesions, wound care, any type of injection  
- Before contact with medical devices: catheter insertions, opening a vascular access system or drainage system  
- Before preparation of: medications, dressing sets, enteral feeds |
| **AFTER BODY FLUID EXPOSURE RISK** | Clean your hands immediately after an exposure risk to body fluids (and after glove removal) | To protect yourself and the health-care environment from harmful patient germs | - After contact with mucous membranes and with non-intact skin: as detailed above in 2 - **BEFORE AN ASEPTIC TASK**  
- After contact with medical devices or clinical samples: drawing and manipulating any fluid sample, opening a drainage system, endotracheal tube insertion and removal  
- After cleaning up of: urine, faeces, vomit or other body fluids  
- After handling waste: (bandages, sanitary napkins, incontinence pads), cleaning of contaminated and visibly-soiled areas or equipment (commodes, bedpans and urinals, K-basins, medical instruments, patient’s bed, chair, over-bed or bedside table) |
| **AFTER PATIENT CONTACT** | When leaving - clean your hands after touching  
- a patient  
- any equipment, furniture or surface in their bed space | To protect the patient against harmful germs, including the patient’s own germs, entering his or her body | - After courtesy and comfort gestures: touching or holding a patient’s hand  
- After directly assisting with: personal hygiene, ambulation or repositioning, transferring to or from a stretcher or wheelchair  
- After clinical assessment: examining limbs or dressing sites, adjusting bed cloths and patient garments to assess signs & symptoms  
- After contact with a bed rail, changing bed linen, touching or moving patient care equipment/furniture, sitting in the bedspace |

*Adapted from WHO “Your 5 Moments for Hand Hygiene” 2006*