

Cleaning your hands is the single most important procedure to prevent infection

Remember!

- Direct patient care providers must not wear artificial fingernails or extenders
- Keep fingernails short (less than 3 mm) and clean to prevent the spread of infection
- Direct patient care providers must not wear chipped nail polish, as bacteria may become trapped along edges
- Direct patient care providers must wear a minimum amount of hand jewelry.
- Remove hand jewelry before performing hand hygiene.

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For more information:

See the Acute Care Infection Prevention and Control Manual or the Residential Care Infection Prevention and Control Manual. Both are available on FH Pulse.

or

Contact the Infection Control Practitioner in your area (phone numbers are available on the Infection Prevention & Control FH Pulse pages).

Search 'hand hygiene' on FH Pulse for additional resources

Contracted care providers and sites please see the "Professionals" drop down menu on www.fraserhealth.ca for more information.



Information for Staff



Help Fight the Spread of Infection

Clean your hands



Make hand hygiene your responsibility – someone's life may depend on it.

Clean hands save lives

Two ways to clean your

Hand Hygiene is performed using soap and water or alcohol based hand rub (ABHR). **Hand hygiene is indicated:**

- when arriving and leaving the work area
- before initial resident / resident environment contact
- before an aseptic task
- after body fluid exposure risk
- after patient, patient environment contact
- before and after using gloves
- when moving from a contaminated body site to a clean body site during direct patient care
- after handling contaminated equipment
- after contact with animals
- after smoking and blowing your nose
- before handling food or drinks
- before preparing medication
- whenever in doubt

Areas of the hand most commonly missed when performing hand hygiene



Using Alcohol Based Hand Rub (ABHR)



1. Take a loonie size amount of the product in the palm
2. Spread the product to cover all surfaces of both hands including, web spaces, thumbs, wrists and the back of hands
3. Rub hands together for 15-20 seconds or until dry

Hand hygiene with **plain soap and water** is indicated:

- when caring for residents with diarrhea and their environment
- when hands are visibly soiled
- after 5 to 6 applications of an alcohol-based hand rub to remove residual emollients

Using Plain Soap and Water



- Wet hands under a steady flow of warm water
- Apply an adequate amount of the appropriate soap, i.e. one pump from the dispenser
- Using friction to wash all surfaces of both hands, including web spaces, thumbs, wrist and the back of the hands
- Rub nail beds against the opposite palm
- Wash for a minimum of 15-20 seconds
- Rinse thoroughly and dry hands gently with clean paper towel
- Use paper towel to turn off taps