

SAVE LIVES
Clean **Your** Hands

August 2009

Hand Hygiene

When and How



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

WHO acknowledges the Hôpitaux Universitaires de Genève (HUG), in particular the members of the Infection Control Programme, for their active participation in developing this material.

How to handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

<p>1a</p> <p>Apply a palmful of the product in a cupped hand, covering all surfaces;</p>	<p>1b</p>	<p>2</p> <p>Rub hands palm to palm;</p>
<p>3</p> <p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>4</p> <p>Palm to palm with fingers interlaced;</p>	<p>5</p> <p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p>6</p> <p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>7</p> <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>8</p> <p>Once dry, your hands are safe.</p>

How to handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the entire procedure: 40-60 seconds

<p>0</p> <p>Wet hands with water;</p>	<p>1</p> <p>Apply enough soap to cover all hand surfaces;</p>	<p>2</p> <p>Rub hands palm to palm;</p>
<p>3</p> <p>Right palm over left dorsum with interlaced fingers and vice versa;</p>	<p>4</p> <p>Palm to palm with fingers interlaced;</p>	<p>5</p> <p>Backs of fingers to opposing palms with fingers interlocked;</p>
<p>6</p> <p>Rotational rubbing of left thumb clasped in right palm and vice versa;</p>	<p>7</p> <p>Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;</p>	<p>8</p> <p>Rinse hands with water;</p>
<p>9</p> <p>Dry hands thoroughly with a single use towel;</p>	<p>10</p> <p>Use towel to turn off faucet;</p>	<p>11</p> <p>Your hands are now safe.</p>

Clean hands are safer hands.

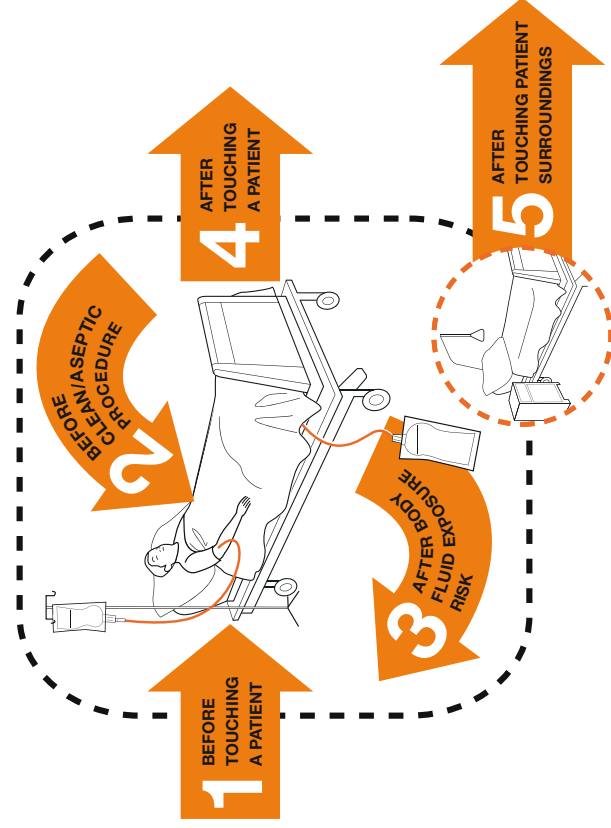
Are yours clean?



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When?

YOUR 5 MOMENTS FOR HAND HYGIENE



1 BEFORE TOUCHING A PATIENT	WHEN? Clean your hands before touching a patient when approaching him/her. WHY? To protect the patient against harmful germs carried on your hands.
2 BEFORE CLEAN/ ASEPTIC PROCEDURE	WHEN? Clean your hands immediately before performing a clean/aseptic procedure. WHY? To protect the patient against harmful germs, including the patient's own, from entering his/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 TOUCHING A PATIENT	WHEN? Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side. WHY? To protect yourself and the health-care environment from harmful patient germs.
5 AFTER TOUCHING PATIENT SURROUNDINGS	WHEN? Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched. WHY? To protect yourself and the health-care environment from harmful patient germs.