



Hand Hygiene

Save Lives

Hand hygiene is the single most effective way of preventing the spread of infection to others

Habits are a challenge to change but the benefits to those you care for can be lifesaving. Think of your hands as contaminated until you have cleansed them.

Using liquid soap and water:



1 Palm to palm



2 Right palm over left dorsum, left palm over right dorsum



3 Palm to palm, fingers interlaced



4 Fingers to opposing palms



5 Rotational rubbing of right thumb clasped over left palm



6 Rotational rubbing backwards and forwards of right hand in palm of left, and vice-versa.



7 rinse hands free of skin cleanser



8 dry completely

Alcohol Hand Rub/Gel

- Apply to palms, rub fingertips into palms, ensure both hands are covered all over
- Let product air dry
- Alcohol rubs are very effective but **not suitable** when hands visibly soiled or post attending gastroenteritis (*Cl. difficile* spores not inactivated, Norovirus efficacy uncertain)