



Hand Hygiene Day

May 5 is World Health Organization (WHO) Hand Hygiene day.

According to Hand Hygiene Australia, effective Hand Hygiene is the single most effective action to reduce infections for childcare staff & children.

What is Hand Hygiene & What to Use

Hand Hygiene is a general term referring to any action of hand cleansing.

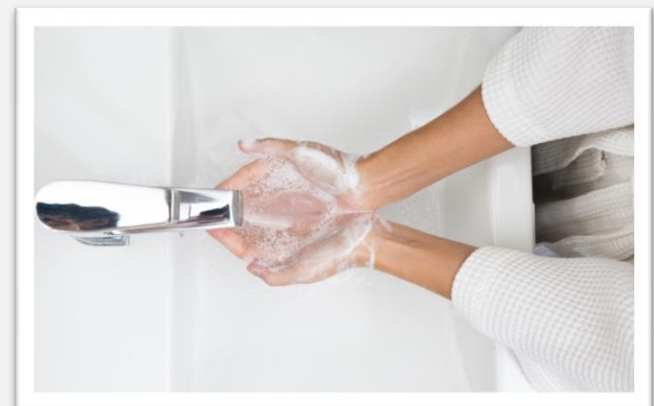
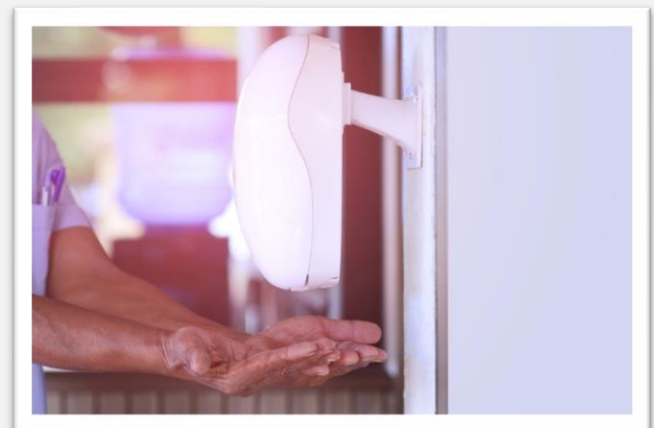
- Apply an alcohol-based handrub to the surface of hands (including liquids, gels & foams) to disinfect when hands are **visibly clean**.

OR

- Wash hands with water and soap or a soap solution, either non-antimicrobial or antimicrobial when **visibly dirty**, visibly soiled with blood or other body fluids, or after using the bathroom.

When performed correctly, hand hygiene results in a reduction of microorganisms on hands.

The WHO have developed the following posters on How to Hand Rub and How to Handwash. Please print & display!



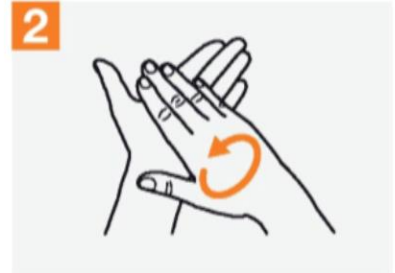
How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

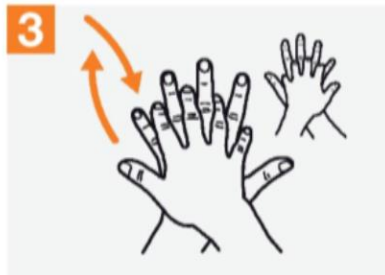
 **Duration of the entire procedure: 20-30 seconds**



Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



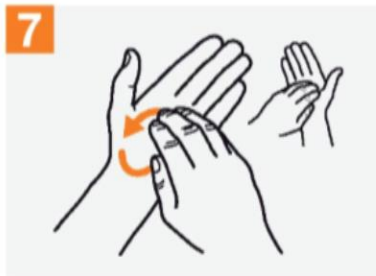
Palm to palm with fingers interlaced;



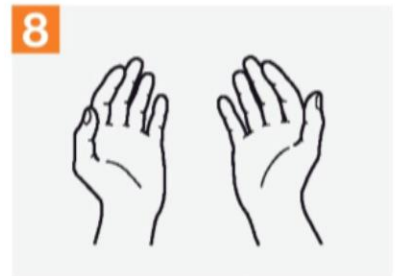
Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



Once dry, your hands are safe.



**World Health
Organization**

Patient Safety

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Clean Your Hands

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB



Duration of the handwash (steps 2-7): 15-20 seconds



Duration of the entire procedure: 40-60 seconds

0



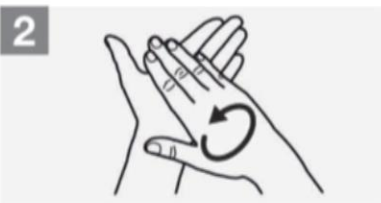
Wet hands with water;

1



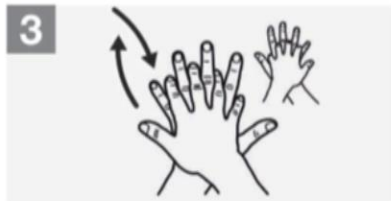
Apply enough soap to cover all hand surfaces;

2



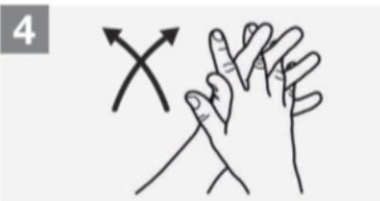
Rub hands palm to palm;

3



Right palm over left dorsum with interlaced fingers and vice versa;

4



Palm to palm with fingers interlaced;

5



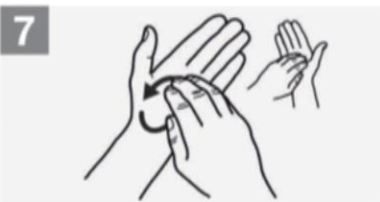
Backs of fingers to opposing palms with fingers interlocked;

6



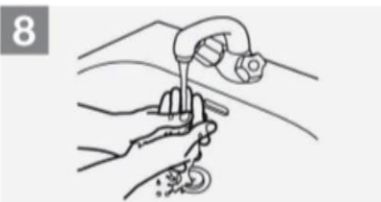
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8



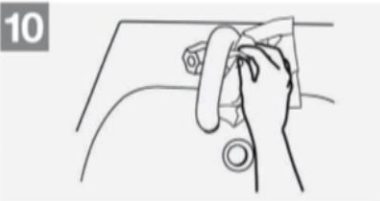
Rinse hands with water;

9



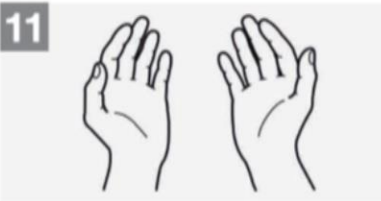
Dry hands thoroughly with a single use towel;

10



Use towel to turn off faucet;

11



Your hands are now safe.



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