

## Hand Hygiene

According to Hand Hygiene Australia, effective Hand Hygiene is the single most effective action to reduce infections. This is especially important for Aged Care staff & residents.

### What is Hand Hygiene & What to Use

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

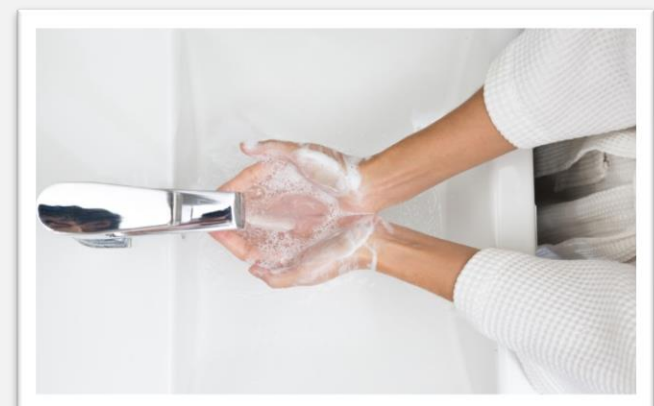
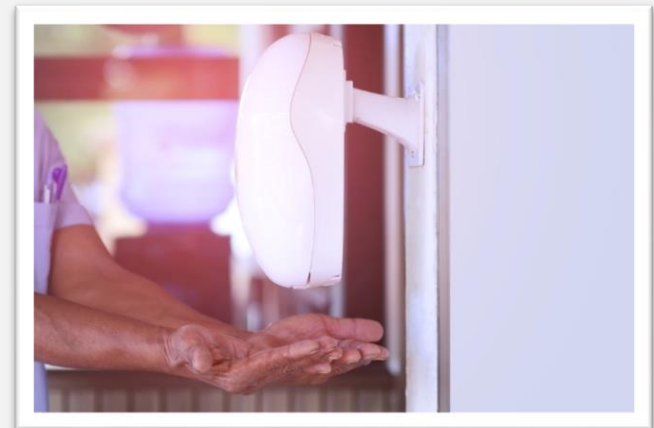
- Apply an alcohol-based handrub to the surface of hands (including liquids, gels & foams) to disinfect when hands are **visibly clean**.

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!**



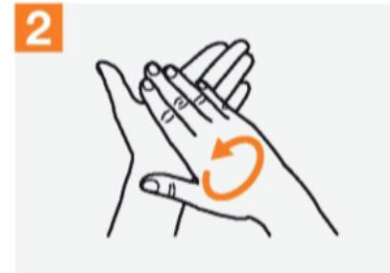
# How to Handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

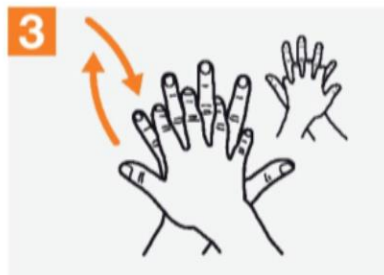
 **Duration of the entire procedure: 20-30 seconds**



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;



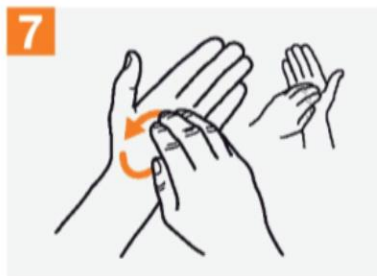
Palm to palm with fingers interlaced;



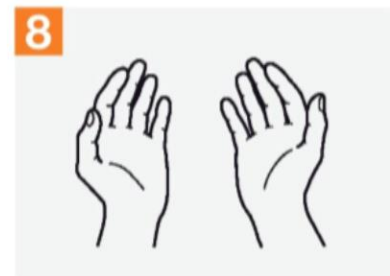
Backs of fingers to opposing palms with fingers interlocked;



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**

A World Alliance for Safer Health Care

**SAVE LIVES**  
Clean Your Hands

# How to Handwash?

**WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB**



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



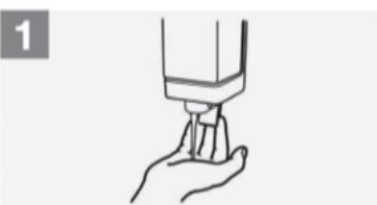
**Duration of the entire procedure: 40-60 seconds**

**0**



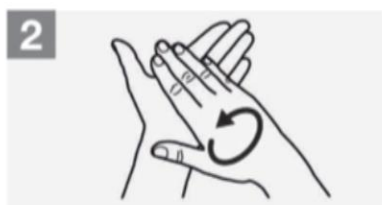
Wet hands with water;

**1**



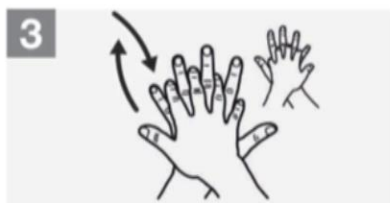
Apply enough soap to cover all hand surfaces;

**2**



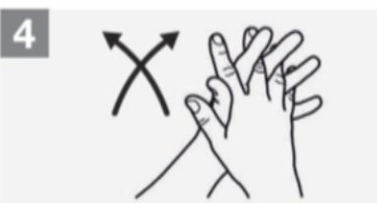
Rub hands palm to palm;

**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**



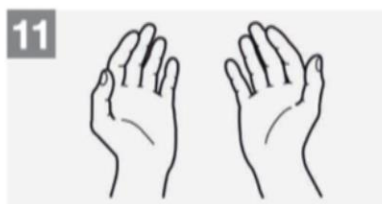
Dry hands thoroughly with a single use towel;

**10**



Use towel to turn off faucet;

**11**



Your hands are now safe.



**World Health Organization**

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**SAVE LIVES**

Clean Your Hands