



# Hand Hygiene, PPE and Cleaning Equipment

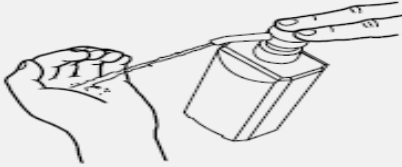
# Hand Hygiene—Key Points

- Use hand hygiene upon entering and exiting room, after patient contact, and before and after putting on gloves
- Nine steps (same for soap and water or for gel)—see diagrams on following slides:
  - Rub palms together (step 1), then;
  - Rub back of each hand with palms (steps 2 and 3), then;
  - Rub fingers intertwined (step 4), then;
  - Rub backs of fingers (step 5), then;
  - Rub each thumb (steps 6 and 7), then;
  - Rub fingertips in palms (steps 8 and 9)—**ALWAYS THE LAST STEP!!**
- If you do each step for 2-3 seconds, you will achieve the required time for hand hygiene.

# Hand Hygiene with Alcohol Sanitizer

Cover all surfaces with enough gel to rub until dry for at least 15-20 seconds

1a



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

1b



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



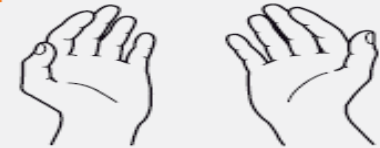
Rotational rubbing of left thumb clasped in right palm and vice versa;

7



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

8



Once dry, your hands are safe.

# Hand Washing with Soap and Water

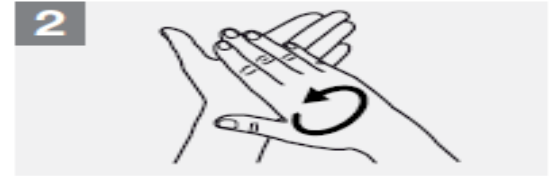
Lather and scrub for at least 15-20 seconds—Use for visibly soiled hands



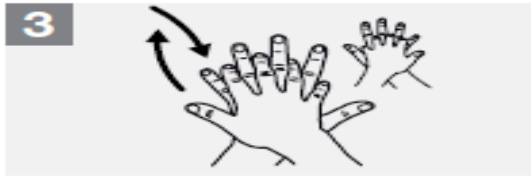
Wet hands with water;



Apply enough soap to cover all hand surfaces;



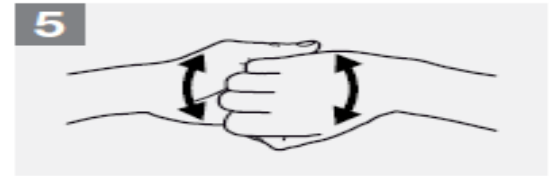
Rub hands palm to palm;



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;



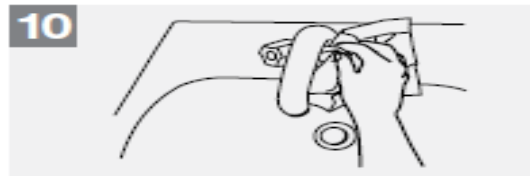
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



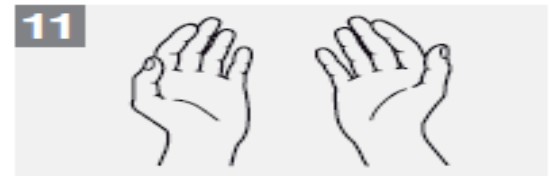
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

- Always tie gown in the back
- Gloves are put on **LAST** (to keep them clean) and removed **FIRST** (because they are dirtiest)
- Remove gown by grabbing from the back of the neck, **NOT** the front of the chest
- Roll in a ball with the external surface facing inward and dispose of in appropriate receptacles

- Use sani-cloths on stethoscope diaphragm and bell before and after contact with the patient