

WHEN? 5 moments to clean your hands

1

• Before patient contact.

Before touching a patient, when approaching him/her

2

• Before an aseptic task.

Immediately before any aseptic task.

3

• After body fluid exposure risk.

Immediately after an exposure risk to body fluid and after glove removal.

4

• After patient contact.

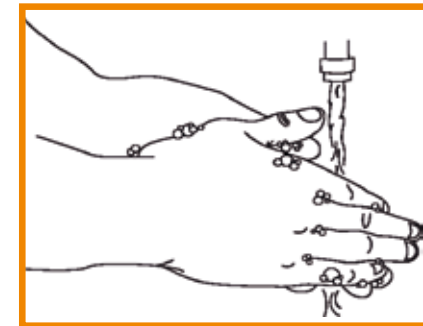
After touching a patient and her/his immediate surroundings, when leaving the patient's side.

5

• After contact with patient surroundings.

After touching any object or furniture in the patient's immediate surroundings (even if the patient has not been touched).

Practical guidance for hand hygiene (when and how)



World Health
Organization

Source: WHO (2006). Secretariat of the World Alliance for Patient Safety.
HAND HYGIENE. When and How. WHO: Geneva.



WHO guidelines on drawing blood:
Best practices in phlebotomy

HOW TO HANDWASH?

• Wash hands only when visibly soiled!



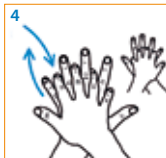
1 • Wet hands with water



2 • Apply enough soap to cover all hand surfaces.



3 • Rub hands palm to palm.



4 • Right palm over left dorsum with interlaced fingers and vice versa,



5 • Palm to palm with fingers interlaced,



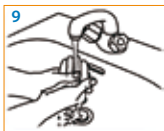
6 • Backs of fingers to opposing palms with fingers interlocked,



7 • Rotational rubbing, of left thumb clasped in right palm and vice versa



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



9 • Rinse hands with water



10 • Dry thoroughly with a single use towel



11 • Use towel to turn off faucet

12 • Your hands are safe.

HOW TO HANDRUB?

• Otherwise, use handrub!



1 • Apply a palmful of the product in a cupped hand and cover all surfaces.



2 • Rub hands palm to palm;



4 • Palm to palm with fingers interlaced;



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



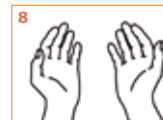
5 • Backs of fingers to opposing palms with fingers interlocked;



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.