

Hand hygiene technique



1. Palm to palm



2. Right palm over left dorsum and left palm over right dorsum



3. Palm to palm fingers interlaced



4. Backs of fingers to opposing palms with fingers interlocked



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



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

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Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire & Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Claims Team**, 1829 Building, Liverpool Road, Chester, CH2 1HJ.

For more information see www.cwps.nhs.uk

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Cheshire and Wirral Partnership **NHS**
NHS Foundation Trust

Hand Hygiene Technique

Information for staff, carers and visitors

Hand hygiene is the single most important method of controlling infection

The hands can have their own germs which do not normally cause infection. Other germs can be “picked up” on the skin surface by direct contact with other people, equipment or surfaces. Hands are used every day for many different tasks and as a result of direct contact with other people, equipment or surroundings they can become contaminated with germs. Hands may look clean but invisible germs are always present.

The hands act as a vehicle for cross infection. Hand hygiene will remove the majority of these germs and significantly reduce the risk of cross infection.

The potential chain of infection is broken by effective hand hygiene.

Good practice for healthcare staff

- Fingernails should be kept clean and short
- Do not wear false-nails /acrylic overlays or nail polish
- Jewellery such as bracelets and rings with stones must not be worn. A wrist watch is allowed but must be removed prior to undertaking “hands on care”. The only jewellery that is permissible is a plain band wedding ring.

- Breaks anywhere on the skin should be covered with a waterproof dressing
- Occupational Health advice should be sought for skin damage caused by other medical conditions e.g. eczema

In healthcare hands must be decontaminated in accordance with the World Health Organisation, May 2009 “5 moments for Hand Hygiene”

- Before patient contact
- Before an aseptic task
- After body fluid exposure
- After patient contact
- After contact with patient surroundings

How to decontaminate your hands

It is important that hand washing is carried out correctly to prevent the spread of any germs, viruses and infections.

Washing with liquid soap and warm water using the technique shown removes the majority of germs.

Alcohol hand rub is a useful alternative and can be used in certain circumstances, for example entering and leaving a clinical area, where hands are visibly clean, and when hand washing facilities are not available. This should be carried out using approximately 3-5mls of rub, using the “hand hygiene technique” in a brisk manner, until the rub has completely evaporated.

Equipment needed for effective hand washing in a healthcare setting

- Hand wash basin
- Warm running water
- Liquid soap
- Disposable paper towels
- Foot operated pedal bin

For further information or guidance please contact the Infection Prevention & Control Team. Our CWP staff will tell you how to do this.

