

# Your 5 Moments for Hand Hygiene




<b>1</b> BEFORE TOUCHING A PATIENT	<b>WHEN?</b> Clean your hands before touching a patient when approaching him/her. <b>WHY?</b> To protect the patient against harmful germs carried on your hands.
<b>2</b> BEFORE CLEAN/ASEPTIC PROCEDURE	<b>WHEN?</b> Clean your hands immediately before performing a clean/aseptic procedure. <b>WHY?</b> To protect the patient against harmful germs, including the patient's own, from entering his/her body.
<b>3</b> AFTER BODY FLUID EXPOSURE RISK	<b>WHEN?</b> Clean your hands immediately after an exposure risk to body fluids (and after glove removal). <b>WHY?</b> To protect yourself and the health-care environment from harmful patient germs.
<b>4</b> AFTER TOUCHING A PATIENT	<b>WHEN?</b> Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side. <b>WHY?</b> To protect yourself and the health-care environment from harmful patient germs.
<b>5</b> AFTER TOUCHING PATIENT SURROUNDINGS	<b>WHEN?</b> Clean your hands after touching any object or furniture in the patient's immediate surroundings, when leaving – even if the patient has not been touched. <b>WHY?</b> To protect yourself and the health-care environment from harmful patient germs.

(WHO 2009)

# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



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.



World Health Organization

Patient Safety

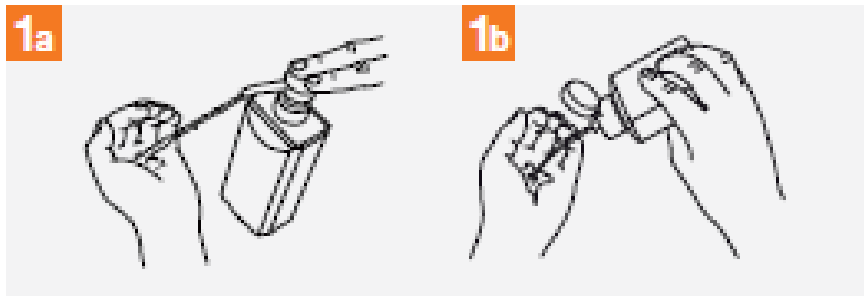
A WHO Alliance for Safer Health Care

SAVE LIVES  
Clean Your Hands

# How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

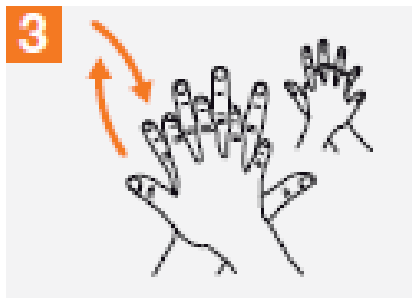
 Duration of the entire procedure: 20-30 seconds



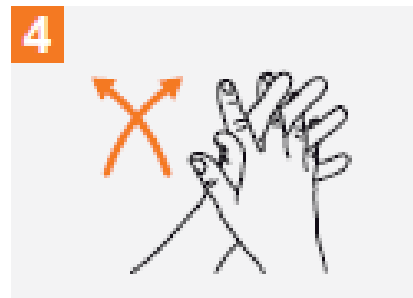
Apply a palmful of the product in a cupped hand, covering all surfaces;



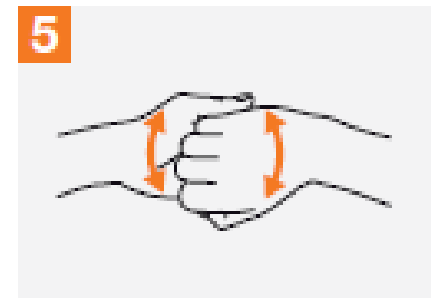
Rub hands palm to palm;



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



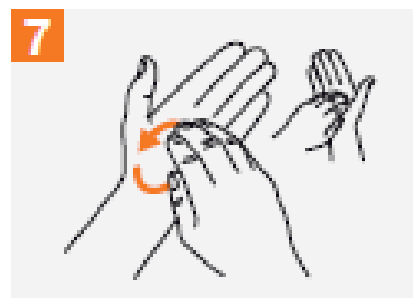
Palm to palm with fingers interlaced;



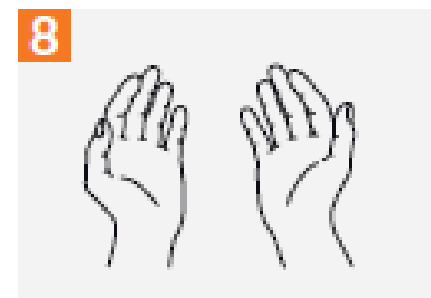
Backs of fingers to opposing palms with fingers interlocked;



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

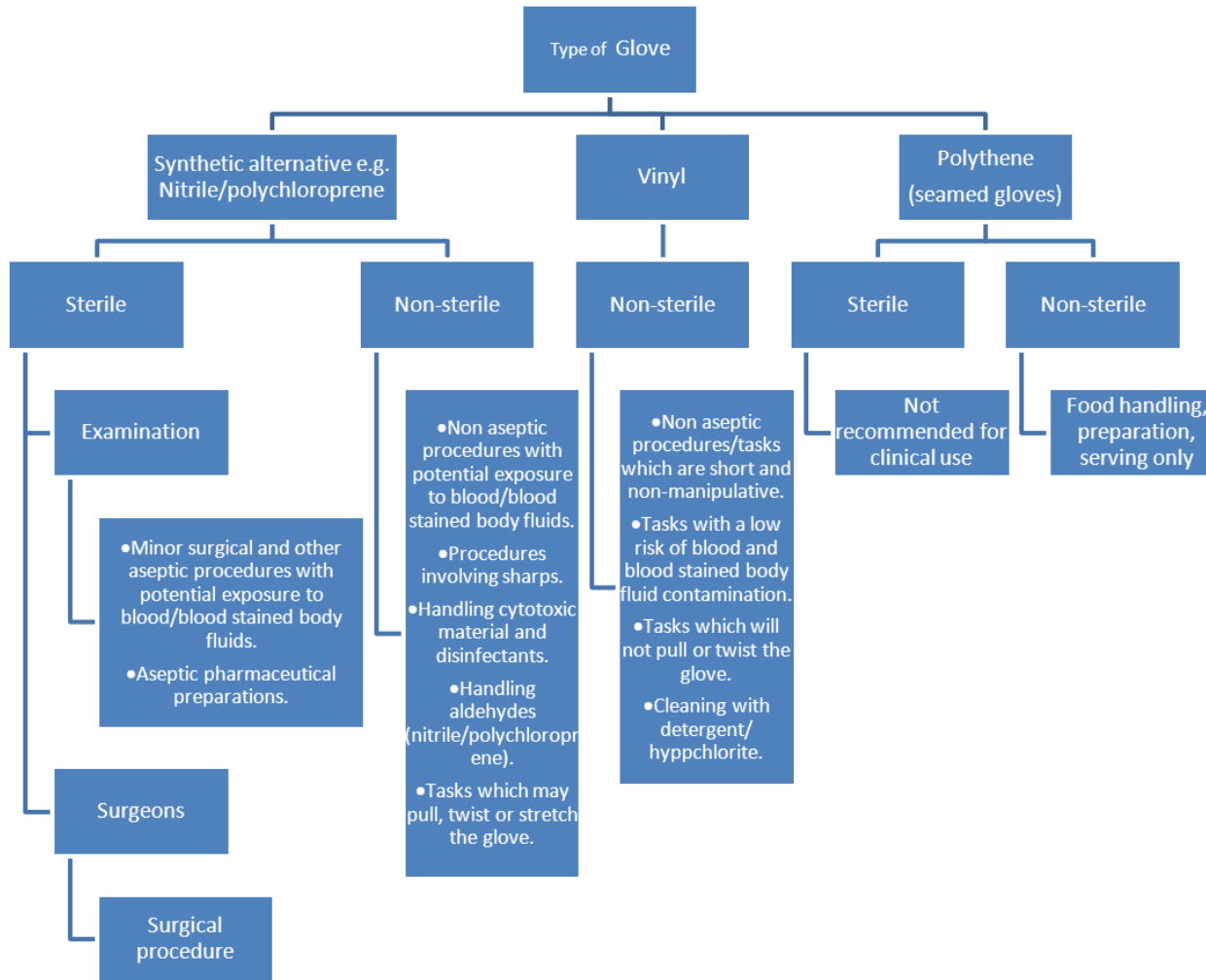
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# APPENDIX 3 - GUIDE TO GLOVE SELECTION



NB: A risk assessment must always be carried out



## APPENDIX 4 – COLOUR CODING OF SHARPS BINS

### SAFE MANAGEMENT OF HEALTHCARE WASTE

#### COLOUR CODING OF SHARPS BINS

	<p>Partially used and empty sharps contaminated with medicines other than those that are cytotoxic or cytostatic</p> <p>Disposed of by incineration</p>
	<p>Non-contaminated sharps suitable for use only in <b><u>venepuncture</u></b>.</p> <p>Disposed of by incineration or alternative treatment</p>
	<p>Cytotoxic sharps waste</p> <p>All sharps contaminated with cytotoxic and cytostatic medicines</p> <p>Disposed of by incineration</p>

**APPENDIX 5 - FOUR EASY STEPS TO REMEMBER IN CASE OF NEEDLESTICK INJURY**



**ALLOW IT  
TO BLEED**



**WASH IT WITH  
SOAP UNDER  
RUNNING  
WATER**



**COVER IT WITH  
A WATERPROOF  
DRESSING**



**REPORT IT**  
**Heales Medical**  
**0845 277 1322**

Follow the guidance given to the practice, as appropriate at the time of the injury

## APPENDIX 6 – DECONTAMINATION CERTIFICATE

### DECONTAMINATION CERTIFICATE

Before any equipment is sent for repair or servicing to an external body it must be decontaminated (cleaned) and a certificate completed.

The certificate must accompany the equipment; the company concerned should ask for evidence of decontamination and failure to supply this may result in return of the equipment.

Surgery/Practice:

Description of equipment		
Make	Model	Serial No.

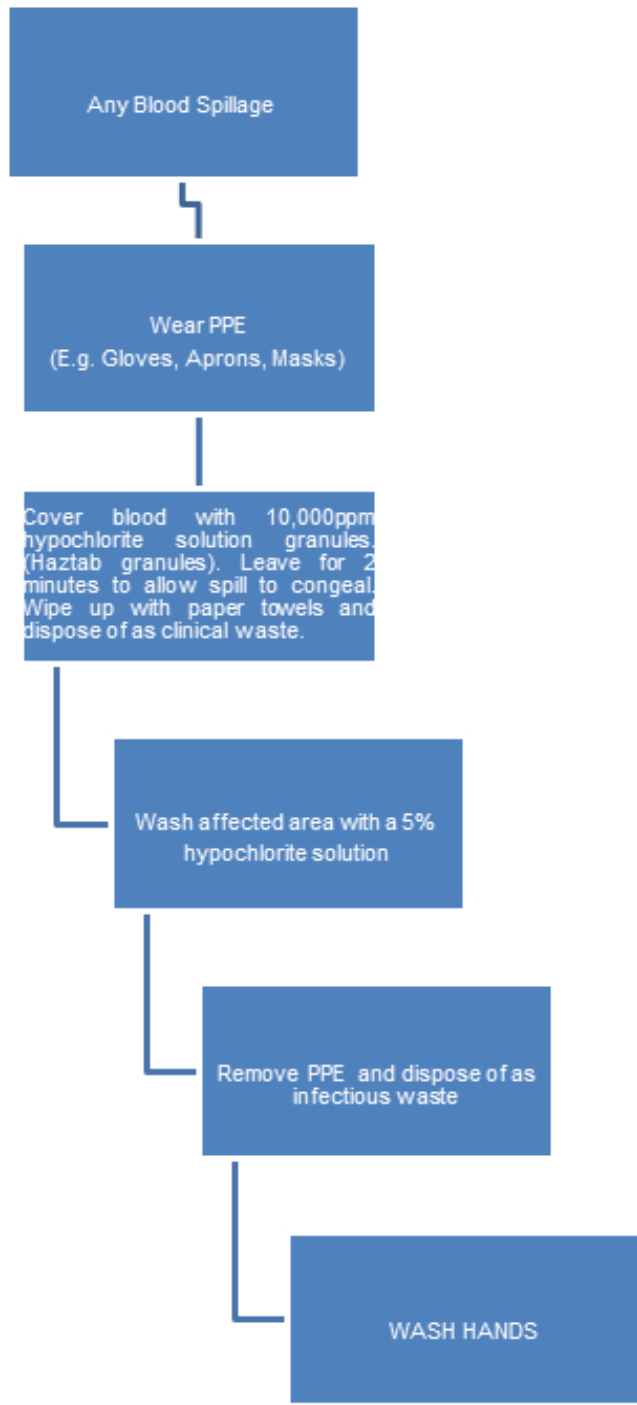
Please select one box and tick accordingly

The above piece(s) of equipment has been appropriately decontaminated following patient usage	
This equipment MAY be contaminated by potentially infected material and has been decontaminated externally as per decontamination policy	
This equipment MAY be contaminated but could not be decontaminated because,  (Please give details)	

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

NAME \_\_\_\_\_ DESIGNATION \_\_\_\_\_

# APPENDIX 7 – BLOOD SPILLAGE GUIDANCE





## GENERAL INFECTION PREVENTION AND CONTROL REFERENCES

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