

Accreditation: ROP of the Month

October 2019: **Hand-Hygiene Education and Training**

Improve your Hand Hygiene

Alcohol-Based Hand Rub (ABRH)	Hand Washing
<ul style="list-style-type: none"> Apply and rub 1-2 pumps of sanitizer to the hands for 20 - 30 sec Preferred choice when hands are not visibly soiled 	<ul style="list-style-type: none"> Wet hands, apply and rub soap for 15 - 20 sec Preferred choice when hands are visibly soiled
<p>1a Apply a palmful of the product in a cupped hand, covering all surfaces.</p> <p>1b Rub hands palm to palm.</p> <p>2 Rub hands palm to palm.</p> <p>3 Right palm over left dorsum with interlaced fingers and vice versa.</p> <p>4 Palm to palm with fingers interlaced.</p> <p>5 Backs of fingers to opposing palms with fingers interlocked.</p> <p>6 Rotational rubbing of left thumb clasped in right palm and vice versa.</p> <p>7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.</p> <p>8 Once dry, your hands are safe.</p>	<p>0 Wet hands with water.</p> <p>1 Apply enough soap to cover all hand surfaces.</p> <p>2 Rub hands palm to palm.</p> <p>3 Right palm over left dorsum with interlaced fingers and vice versa.</p> <p>4 Palm to palm with fingers interlaced.</p> <p>5 Backs of fingers to opposing palms with fingers interlocked.</p> <p>6 Rotational rubbing of left thumb clasped in right palm and vice versa.</p> <p>7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.</p> <p>8 Rise hands with water.</p> <p>9 Dry hands thoroughly with a single use towel.</p> <p>10 Use towel to turn off faucet.</p> <p>11 Your hands are now safe.</p>

- Avoid *artificial/gel nails*, and cracked or chipped nail polish
- Wear only *plain ring bands* without stones.
- *Hand and arm jewelry* must be removed or pushed up above the wrist.
- Employees who have *casts, dressings or splints* must consult with their program supervisor.

Mandatory hand hygiene training occurs during general orientation and annually as part of required competency training.

Resources for staff:

- “Hand Washing Basics” video
<https://www.youtube.com/watch?v=Xht>



[GcsSMOIA](https://www.gcs-smoia.com)

- “STOP! Clean Your Hands” on-line self-study module
<https://ipac.discoverycampus.com/>



When should you wash your hands?

