

# Accreditation: Patient Safety Bulletin of the Week

September 2021: **Hand-Hygiene Education and Training**

<b>Alcohol-Based Hand Rub (ABRH)</b>	<b>Hand Washing</b>
<ul style="list-style-type: none"> <li>Apply and rub 1-2 pumps of sanitizer to the hands for 20 - 30 sec</li> </ul>	<ul style="list-style-type: none"> <li>Wet hands, apply and rub soap for 15 - 20 sec</li> </ul>
<ul style="list-style-type: none"> <li>Preferred choice when hands are not visibly soiled</li> </ul>	<ul style="list-style-type: none"> <li>Preferred choice when hands are visibly soiled</li> </ul>

The table includes 11 numbered illustrations for ABRH and 11 numbered illustrations for Hand Washing. The ABRH steps are: 1a, 1b (Apply sanitizer to cupped hand); 2 (Rub palm to palm); 3 (Right palm over left dorsum); 4 (Palm to palm with fingers interlaced); 5 (Backs of fingers to opposing palms); 6 (Rotational rubbing of left thumb); 7 (Rotational rubbing of right thumb); 8 (Dry hands). The Hand Washing steps are: 1 (Wet hands); 2 (Apply soap to all surfaces); 3 (Right palm over left dorsum); 4 (Palm to palm with fingers interlaced); 5 (Backs of fingers to opposing palms); 6 (Rotational rubbing of left thumb); 7 (Rotational rubbing of right thumb); 8 (Rinse hands); 9 (Dry hands with towel); 10 (Use towel to turn off faucet); 11 (Dry hands).

## Improve your Hand Hygiene

- 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=XhtGc sSM0IA>

- “STOP! Clean Your Hands” on-line self-study module

<https://ipac.discoverycampus.com/>

## When should you wash your hands?

