



4 Moments for Hand Hygiene

- 1 Before initial contact with the resident or his/her environment
- 2 Before aseptic procedure
- 3 After body fluid exposure risk
- 4 After contact with resident or his/her environment

Hands should be washed when visibly soiled. Otherwise, alcohol-based hand rub should be used. It is important to scrub hands for at least 15 seconds.

Proper Handwashing Procedure

1. Wet hands with warm water and then apply enough soap to cover all hand surfaces.
2. Rub hands palm to palm.
3. Right palm over left dorsum with interlaced fingers and vice versa.
4. Palm to palm with fingers interlaced.
5. Backs of fingers to opposing palms with fingers interlocked.
6. Rotational rubbing of the 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. Rinse hands with warm water.
9. Pat hands dry thoroughly with a single-use towel.
10. Use paper towel to turn off faucet and discard paper towel in garbage.

Proper Sanitizing Procedure with Hand Rub

1. Apply 1 to 2 pumps of alcohol-based hand rub to dry palms.
2. Rub palms together.
3. Rub between and around fingers.
4. Rub back of each hand with the palm of the other hand.
5. Rub fingertips of each hand in opposite palm.
6. Clasp thumb in palm of opposite hand and rub; repeat with other thumb.
7. Rub hands until product is dry. Do not dry with a paper towel.