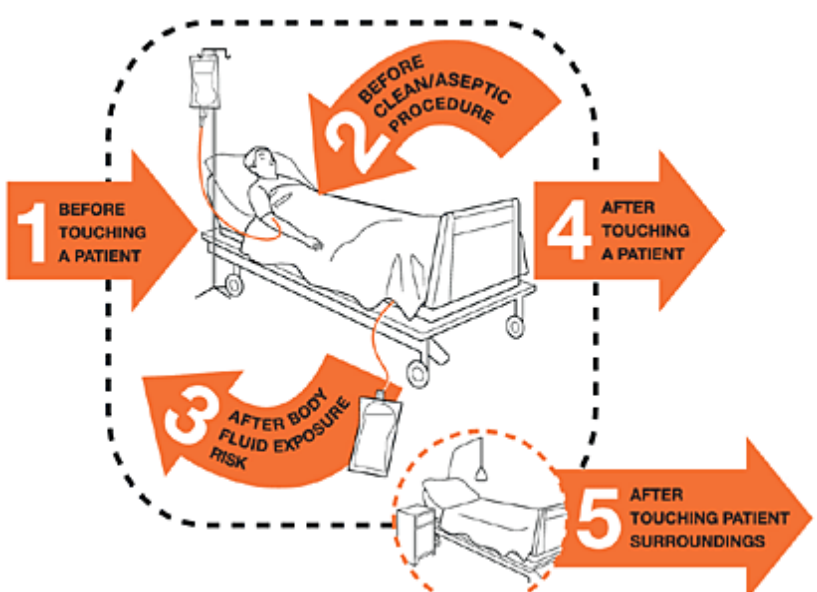


Hand Hygiene for the Healthcare Worker	Initial
<p>Hand hygiene may be done by hand-washing with plain or antimicrobial soap and water, or by use of alcohol hand rub.</p>	
<p>Follow appropriate procedures for hand washing.</p> <ol style="list-style-type: none"> 1. Wet your hands with clean, running water (warm not hot water) and apply an appropriate amount of soap/product (as recommended by manufacturer) to hands. 2. Rub your hands together to cause a lather and scrub them well; be sure to scrub all surfaces of the hands including the backs of your hands, between your fingers, and under your nails. 3. Continue rubbing your hands for 15 to 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. 4. Rinse your hands well under running water while avoiding touch contamination with surfaces of the sink. 5. Dry your hands thoroughly using a clean disposable paper towel. 6. Turn off the faucet using a clean, dry disposable paper towel for faucets that require hand control. 	
<p>If hands are not visibly soiled and the patient is NOT on Special Contact Precautions, an alcohol-based hand rub may be used for hand hygiene.</p> <p>Follow appropriate procedures for use of an alcohol hand rub:</p> <ol style="list-style-type: none"> 1. Apply product to the palm of one hand and rub hands together. Usually a nickel-sized amount of hand rub is efficient. 2. Rub product on all surfaces of the hands and fingers until hands are dry 	
<p>Hand hygiene must be done prior to patient contact, even if gloves are to be worn.</p>	
<p style="text-align: center;">Hand Hygiene Moments</p>  <p>The diagram shows a central illustration of a patient in a hospital bed with an IV drip. Five orange arrows point to specific moments: 1. 'BEFORE TOUCHING A PATIENT' points to the patient's hand. 2. 'BEFORE CLEAN/ASEPTIC PROCEDURE' points to the patient's arm. 3. 'AFTER BODY FLUID EXPOSURE RISK' points to a spill on the floor. 4. 'AFTER TOUCHING A PATIENT' points to the patient's hand. 5. 'AFTER TOUCHING PATIENT SURROUNDINGS' points to a bedside table.</p>	
<p>Decontaminate hands before direct contact with a patient's intact skin (taking a pulse or blood pressure, etc.)</p>	
<p>Decontaminate hands before donning sterile gloves when inserting a central intravascular catheter</p>	
<p>Decontaminate hands before donning gloves to insert invasive devices; indwelling urinary catheters, peripheral vascular catheters, or other invasive devices that do not require a surgical procedure.</p>	
<p>Decontaminate hands after contact with body fluids or excretions, mucous membranes, nonintact skin, and wound dressings.</p>	
<p>Decontaminate hands if moving from a contaminated-body site to a clean-body site during patient care</p>	
<p>Decontaminate hands after contact with inanimate objects (including medical equipment) in the immediate</p>	

vicinity of the patient	
Decontaminate hands after removing gloves.	
Before eating and after using the restroom, wash hands with a non-antimicrobial soap and water or with an antimicrobial soap and water.	
After contact with mucous membranes, non-intact skin, body fluids or excretions and wound dressings if hands are not visibly soiled	
Hand-washing (NOT alcohol hand rub) must be done after contact with a patient on Special Contact Precautions. Antiseptic agents such as alcohols, chlorhexidine, iodophors, etc., have a poor activity against spores.	
Antimicrobial-impregnated wipes (e.g., towelettes) may be used however, they are <i>NOT</i> a substitute for using an alcohol-based hand rub or antimicrobial soap because they are not as effective for reducing bacterial counts on the hands.	
Healthcare Workers may bring in pocket-sized hand rubs (less than 3 fluid ounces) for use while providing patient care as long as the following are met: <ul style="list-style-type: none"> ✓ Product must be alcohol-based ✓ The alcohol content must be between 62 to 95% alcohol. ✓ Product must not be expired. 	
Nails, Nail polish, Artificial Nails: <ul style="list-style-type: none"> ✓ Do NOT use nail polish that is non-transparent which blocks view of the presence of dirt/soiling under the nails. ✓ Do NOT wear artificial fingernails or extenders when having direct contact with patients at high risk (e.g., those in intensive care or operating room). ✓ Keep natural nail tips less than ¼ -inch long. 	

Evaluation/validation methods

- Verbal
 Practical exercise
 Demonstration/observation
 Interactive class

Employee signature

Trainer's Signature

Date