



# HAND HYGIENE When and How

**WORLD ALLIANCE  
for PATIENT SAFETY**

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**World Health  
Organization**

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## How to handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS ONLY WHEN VISIBLY SOILED!**



Duration of the entire procedure: 20-30 sec.



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



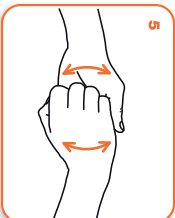
Rub hands palm to palm,



right palm over left dorsum with interlaced fingers and vice versa,



palm to palm with fingers interlaced,



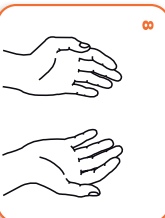
backs of fingers to opposing palms with fingers interlocked,



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.



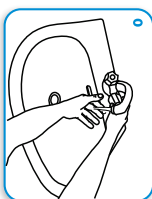
Once dry, your hands are safe.

## How to handwash?

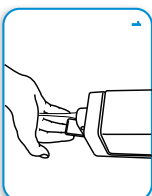
**WASH HANDS ONLY WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB!**



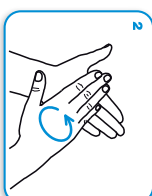
Duration of the entire procedure: 40-60 sec.



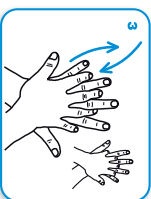
Wet hands with water



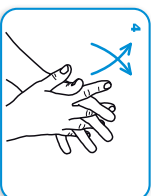
apply enough soap to cover all hand surfaces.



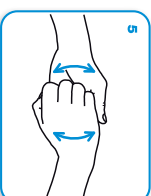
Rub hands palm to palm,



right palm over left dorsum with interlaced fingers and vice versa,



palm to palm with fingers interlaced,



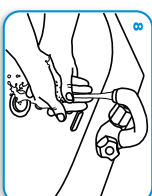
backs of fingers to opposing palms with fingers interlocked,



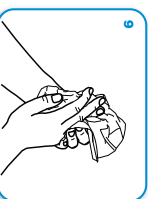
rotational rubbing of left thumb clasped in right palm and vice versa,



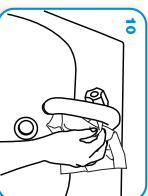
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



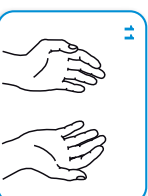
Rinse hands with water,



dry hands thoroughly with a single use towel,



use towel to turn off faucet.

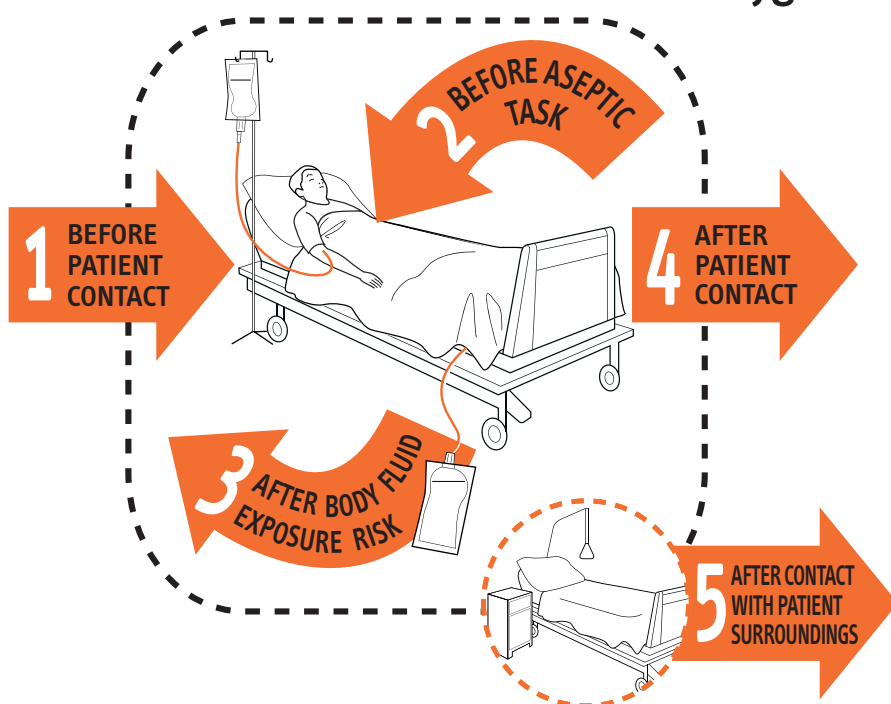


Your hands are now safe.

# Clean hands are safer hands. Are yours clean?

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## WHEN? Your 5 moments for hand hygiene



<b>1</b> BEFORE PATIENT CONTACT	<b>WHEN?</b> Clean your hands before touching a patient when approaching him/her <b>EXAMPLES:</b> shaking hands, helping a patient to move around, clinical examination
<b>2</b> BEFORE AN ASEPTIC TASK	<b>WHEN?</b> Clean your hands immediately before any aseptic task <b>EXAMPLES:</b> oral/dental care, secretion aspiration, wound dressing, catheter insertion, preparation of food, medications
<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>EXAMPLES:</b> oral/dental care, secretion aspiration, drawing and manipulating blood, clearing up urine, faeces, handling waste
<b>4</b> AFTER PATIENT CONTACT	<b>WHEN?</b> Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient's side <b>EXAMPLES:</b> shaking hands, helping a patient to move around, clinical examination
<b>5</b> AFTER CONTACT WITH 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>EXAMPLES:</b> changing bed linen, perfusion speed adjustment