

**Frequent hand hygiene  
(hand washing) is the  
single most effective  
way of preventing  
the transmission of  
infections.**



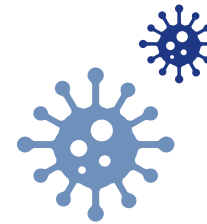
Calvary John James Hospital acknowledges the Infection Control & Staff Health Department of Calvary Public Hospital Bruce, who assisted with the development of this brochure.



Public Hospital Bruce



**Consumer Endorsed**  
Patient Information Publication



## Enquiries

Should you have any further questions please ask your hospital doctor or GP, or contact our Infection Control Coordinator on **(02) 6229 8983**.

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**Hospitality | Healing | Stewardship | Respect**

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Hand hygiene  
Patient information



**Calvary**

John James Hospital

Continuing the Mission of the Sisters of the Little Company of Mary

## What is hand hygiene?

Hand hygiene is the general term used to refer to the action of using soap and water or a waterless hand rub (such as alcohol-based hand sanitiser) to cleanse your hands.

Hand hygiene is the most effective way of reducing hospital-acquired infections.

## When should you perform hand hygiene?

It is important that you perform hand hygiene as you enter and leave a healthcare facility and also:

- before and after visiting a patient in hospital
- after going to the toilet
- after blowing your nose
- after smoking
- after handling/patting animals
- before, during & after preparing food
- when your hands are visibly soiled

## Alcohol-based hand sanitiser

**Not to be used if hands are visibly soiled**

1. Remove excess jewellery
2. Dispense enough sanitiser product to cover both your hands
3. Roll to distribute over palms, back of hands and between fingers
4. Rub hands together until dry

## Soap and water

1. Remove excess jewellery
2. Wet hands with water
3. Apply soap
4. Rub all over hands
5. Rinse off with water
6. Pat hands dry with paper towel
7. Dispose of paper towel in bin

## Why practice hand hygiene?

When performed the correct way, hand hygiene results in the reduction of microorganisms on our hands.

Healthy people can usually defend themselves against microorganisms.

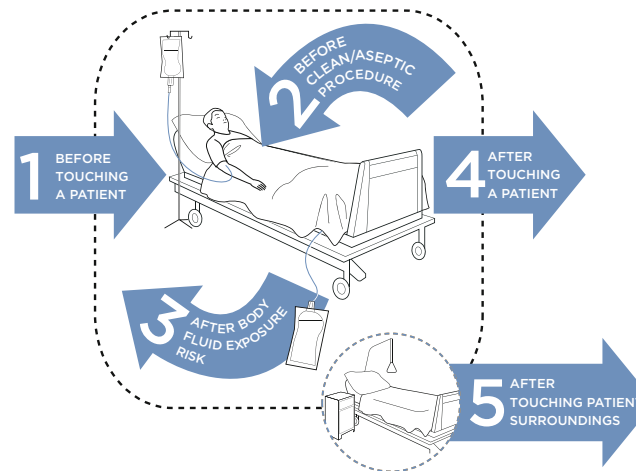
However, it is common for our natural immune defences to be weakened when we are not well, after an operation, during and following an admission to hospital.

Health care-associated infections can result in:

- an unexpected illness
- a longer stay in hospital
- a slower recovery period
- additional stress for all concerned

## Working together

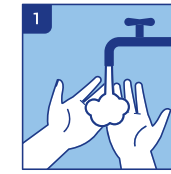
Your health care worker should always perform hand hygiene in front of you, adhering to the '5 Moments for Hand Hygiene'.



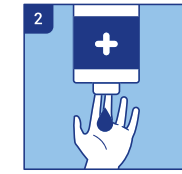
Adapted from Hand Hygiene: Where and How.  
© World Health Organization 2009.

If you do not witness them practicing hand hygiene and are worried, please feel free to remind them. We can all play a major role in stopping the spread of infections to our family and friends.

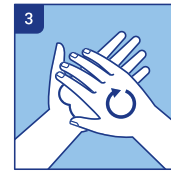
## How to wash your hands



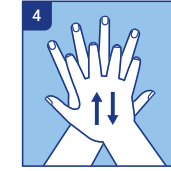
Wet hands



Apply soap



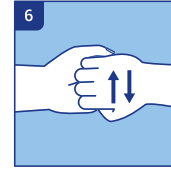
Rub hands palm to palm



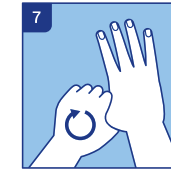
Lather backs of hands



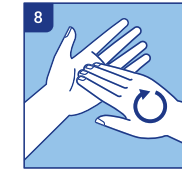
Scrub between fingers



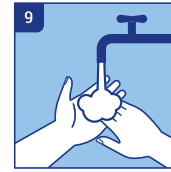
Rub backs of fingers on opposing palms



Clean thumbs



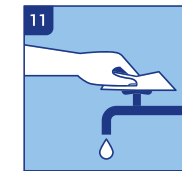
Wash nails and fingertips



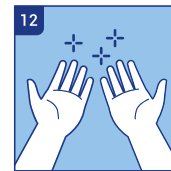
Rub hands palm to palm



Dry with a single use towel

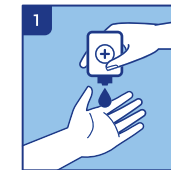


Turn off tap with the towel



Your hands are clean

## How to use hand sanitiser



Apply product



Rub hands together



Cover all surfaces until hands are dry (about 20 seconds)