

1 BEFORE initial patient / patient environment contact

WHEN? Clean your hands when entering:
• before touching patient or
• before touching any object or furniture in the patient's environment

WHY? To protect the patient/patient environment from harmful germs carried on your hands

2 BEFORE aseptic procedures

WHEN? Clean your hands immediately before any aseptic procedure

WHY? To protect the patient against harmful germs, including the patient's own germs, entering his or her body

3 AFTER body fluid exposure risk

WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal)

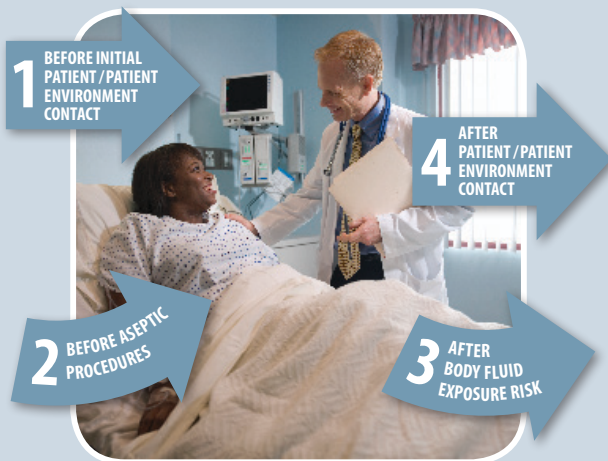
WHY? To protect yourself and the health care environment from harmful patient germs

4 AFTER patient / patient environment contact

WHEN? Clean your hands when leaving:
• after touching patient or
• after touching any object or furniture in the patient's environment

WHY? To protect yourself and the health care environment from harmful patient germs

Your 4 Moments for Hand Hygiene



Adapted from WHO poster "Your 5 moments for Hand Hygiene," 2006.

For more information, please contact handhygiene@oahpp.ca or visit publichealthontario.ca/JCYH

How to handrub (preferred method)

Rub hands for 15 seconds



1
Apply 1 to 2 pumps of product to palms of dry hands.



2
Rub hands together, palm to palm.



3
Rub in between and around fingers.



4
Rub back of each hand with palm of other hand.



5
Rub fingertips of each hand in opposite palm.



6
Rub each thumb clasped in opposite hand.



7
Rub hands until product is dry. Do not use paper towels.



8
Once dry, your hands are safe.

How to handwash (when hands are visibly soiled)

Lather hands for 15 seconds



1
Wet hands with warm water.



2
Apply soap.



3
Lather soap and rub hands palm to palm.



4
Rub in between and around fingers.



5
Rub back of each hand with palm of other hand.



6
Rub fingertips of each hand in opposite palm.



7
Rub each thumb clasped in opposite hand.



8
Rinse thoroughly under running water.



9
Pat hands dry with paper towel.



10
Turn off water using paper towel.



11
Your hands are now safe.



JUST CLEAN
YOUR HANDS