

1 BEFORE initial resident/resident environment contact

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

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

2 BEFORE aseptic procedures

WHEN? Clean your hands immediately before any aseptic procedure (e.g., oral dental care, eye drops, catheter insertion and changing a dressing)

WHY? To protect the resident against harmful germs, including the resident'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 resident germs

4 AFTER resident/resident environment contact

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

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

Your 4 Moments for Hand Hygiene



Catalogue No. 011887 303M March 2009 © Queen's Printer for Ontario

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

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

How to handrub

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

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