

HAND HYGIENE

Hand Hygiene

- an action of hand cleaning to remove or kill Infectious Agents on your hands
- is done by using an alcohol-based hand rub (ABHR) or soap and water
- includes attention to hand care

Alcohol-based hand rub (ABHR)

- preferred method when hands are not visibly soiled
- more effective than washing hands (even with antibacterial soap)
- takes less time
- less harsh on the skin

Soap and running water

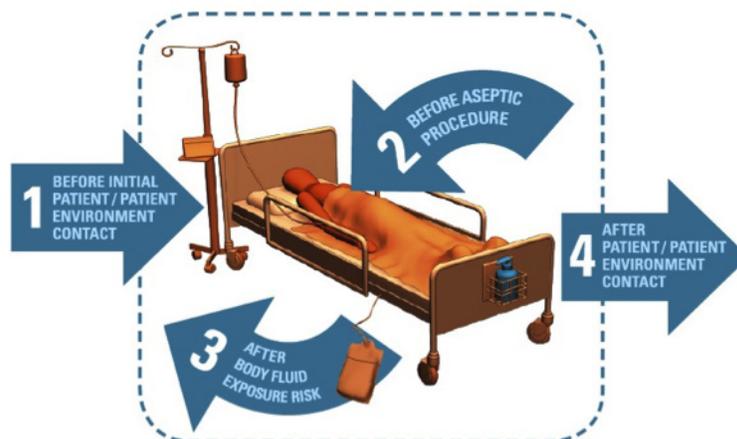
- when hands are visibly soiled
- if running water is not available, use moistened towelettes followed by ABHR

Your 4 moments for hand hygiene

- Before initial contact with client/patient/resident and his/her environment
- Before aseptic procedures
- After body fluid exposure risk
- After contact with client/patient/resident and his/her environment

A hand care program includes

- hand care assessment
- Health Care Provider education on the benefits of using ABHR and appropriate technique
- Health Care Provider referral to occupational health or to their Health Care Provider if skin integrity is an issue
- provision of alcohol-based hand rub (ABHR) that contains an emollient
- provision of hand moisturizing skin care products



PERSONAL PROTECTIVE EQUIPMENT (PPE)

PPE is

- clothing or equipment that protects against hazards
- the last intervention between the hazard and the Health Care Provider

Wearing PPE

- Notify employer or supervisor if PPE is not available or is not appropriate for the task.
- Put on PPE prior to activity that requires it, as determined by the risk assessment.
- Remove PPE when soiled and immediately after the activity.

Take off PPE in the correct order

- Remove gloves → Remove gown → Clean hands
→ Remove eye protection → Remove mask
→ Clean hands

Gloves

- Wear gloves when hands will touch blood, body fluids, non-intact skin, mucous membranes, secretions or excretions
- Remove and discard gloves immediately after the task
- Remove gloves using a “glove-to-glove” and “skin-to-skin” technique
- Clean hands after removing gloves

Gowns

- Wear a gown when arms and clothing might become contaminated with blood, body fluids, secretions or excretions
- To remove a gown, untie it, grasp the ties and roll gown forward and off
- Discard gown into linen bag (or garbage if disposable)
- Clean hands after removing gown

Mask and Eye Protection (facial protection)

- Wear facial protection when performing activities that might generate droplets or when exposed to droplets from coughing or sneezing patients
- Change mask when wet
- Remove mask and eye protection immediately after activity
- Clean hands after removing all facial protection
- Wear a respirator based on the risk assessment, when performing activities that might generate aerosols that have been associated with the transmission of tuberculosis
- Fit-testing is required for respirator use