

## 6 STAGE

### hand washing technique\*



1. palm to palm

backs of hands

2.



3. spaces between fingers

fingertips

4.



5. thumbs and wrists

nails

6.



\*With thanks to the Nursing Standard magazine.

## For further information



### Hand Care

It is important to keep your hands in good condition to protect them against cuts and abrasions

Always cover cuts with a waterproof dressing

Apply hand cream daily to prevent dryness and chapping

Keep nails short and clean

Do not wear hand jewellery except a wedding band



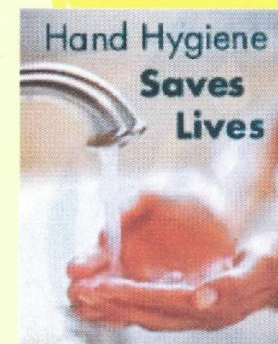
If you notice that stocks of soap paper towels or alcohol hand gel are low, please tell a member of staff immediately.

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**N M H**  
**INFECTION CONTROL**

**Caring**  
**hands are**  
**clean**

**ARE YOURS?**





Research shows that currently one in 10 patients pick up an infection during their hospital stay. The main reason for this is poor hand hygiene.

Everyone can play a part in preventing the spread of infection by simply washing their hands.

## Staff

Always decontaminate your hands:



Between every patient contact



Before contact with intravenous lines, catheters, wounds and drains



Before handling food or medication



After helping patients use toilet or bathroom facilities.



After using gloves.

## How to help

### Patients please



Always clean your hands after using bathroom or toilet facilities and before eating. If you are not near a wash basin, please ask staff for help



Ask your visitors to wash their hands

### Visitors



Protect your relative or friend by washing your hands when you come into the ward



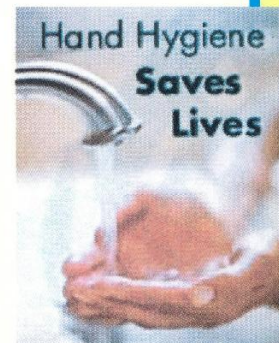
Always wash your hands after using bathroom or toilet facilities and before touching food.

## How do we keep our hands clean



Washing with soap and warm running water

Wet hands and apply soap from dispenser. Rub vigorously all parts of the hand and wrist (see step by step pictures overleaf) Rinse and dry well.



Using alcohol gel

Clean looking hands may still carry a lot of bacteria and viruses. Alcohol gel is an alternative method for decontaminating them. Rub in the alcohol gel until dry.

Concerned a member of staff has not cleaned their hands?  
Please remind them