

Procedure #2: Performing Hand Hygiene

PURPOSES

- To reduce the number of microorganisms on the hands
- To reduce the risk of transmission of microorganisms to clients
- To reduce the risk of cross contamination among clients
- To reduce the risk of transmission of infectious organisms to oneself

Equipment

- Soap
- Warm running water
- Paper towels

Preparation

Assess the hands:

- Nails should be kept short.
- Removal of all jewelry is recommended.
- Check hands for breaks in the skin, such as hangnails or cuts.

Performance

1. Pushes up sleeves; removes jewelry and watches.
2. Adjusts water temperature to warm.
3. Wets hands and wrists under running water, keeping hands lower than wrists and forearms.
4. Avoids splashing water onto clothing.
5. Avoids touching inside of the sink.
6. Applies 3 to 5 mL liquid soap.
7. Rubs soap over all surfaces of hands.
8. Rubs hands vigorously together for at least 15 seconds.



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Tutor Dr. Mustafa Al-shammari

9. Lathers all surfaces of the hands and fingers.



10. Cleans under fingernails, if nails are dirty.



11. Rinses thoroughly, keeping hands lower than forearms.



12. Dries hands thoroughly: moves from fingers up forearms; blots with paper towel.

13. Turns off faucet with paper towel.



14. Applies non-petroleum-based hand lotion or skin protectant.