

Hand Hygiene

Performing hand hygiene is the best way to prevent infections. The World Health Organization defines five moments in which healthcare workers can prevent the spread of germs by cleaning their hands:

1. Before touching a patient
2. Before clean/aseptic procedures
3. After body fluid exposure risk
4. After touching a patient
5. After touching patient surroundings

Alcohol-based hand rub should be used for routinely decontaminating hands. Use soap and water in key instances such as when hands are visibly soiled or contaminated with blood or other bodily fluids, and after using the restroom, after exiting patient rooms under Special Enteric isolation. Facility-approved lotion is available to team members.

Fingernails should be kept short enough not to extend beyond the fingertips when holding hand at eye level. Regular nail polish may be worn but must be maintained with no chips, cracks or gaps between cuticle and polish. Nail enhancements of any kind are prohibited, including but not limited to gel polish, artificial nail extensions including tips, acrylics, powder-based dip (SNS), shellac, press-on nails, and nail wraps and tapes, jewels, bonding, and inlays.

Hand hygiene is routinely observed by unit-based team members and covert observers. Compliance reports are available for each entity. For more information, please visit the Hand Hygiene Policy in Policy Stat: ECU Health IC02 Hand Hygiene.

Review the below Infection Prevention and Control Competency information prior to your Occupational Health visit.

Infection Prevention and Control Competency		
ECU HEALTH		
TEAM MEMBER:	TEAM MEMBER #:	UNIT:
DATE:		
MEASURE: RD- Return Demonstration SM- Simulation/Mock Event CP- Case Study/Presentation O - Observation E- Explanation		
Hand Hygiene-demonstration (Handwashing OR Alcohol based hand sanitizer)		
Handwashing: • Wet hands with clean running water. • Apply soap to cover all surfaces. • Lather and rub together briskly and thoroughly, cleaning surfaces of hands, fingertips, palms, fingernails, and wrists. • Scrub for at least 20 seconds. • Rinse with running water. • Dry hands with clean towel. • Use second towel to turn off faucet.	MEASURE RD, SM	INITIALS (Validator)
Alcohol-based hand sanitizer/rub (FDA-approved ABHR): • Apply a liberal amount of alcohol-based sanitizer to hands. • Rub the sanitizer vigorously, cleaning surfaces of hands, fingertips, palms, fingernails, and wrists. • Rub for at least 20 seconds or until hands are dry.	MEASURE RD, SM	INITIALS (Validator)
Team Member Name (PRINT) _____ Signature _____ Date _____		
Validator (PRINT) _____ Signature _____ Date _____		