



Hand Hygiene

Patient and visitor information



Hand washing

This leaflet explains how effective hand washing can help reduce the spread of infection.

Hands are used every day for many different tasks and, as a result of contact with other people, equipment or surroundings, can be responsible for the spread of a wide variety of germs. Some of which can cause infection when not cleaned effectively.

They may look clean, but the germs that cause infection cannot be seen by the naked eye. If you looked at your hands through a microscope, you may be surprised.

Follow the technique below to ensure an effective hand wash.

Hand washing with soap and water is the most effective way to clean your hands if they are visibly dirty.

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



Rub back of each hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



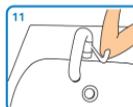
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Hand washing should take 15–30 seconds

Our staff should wash their hands regularly and you are welcome to ask if they have cleaned their hands before they examine you.

Hand sanitiser is a quick, convenient and effective alternative to hand washing, only when your hands are not visibly dirty. This is useful when soap and water for hand washing is not readily available. Follow the hand sanitiser technique on the next page to make sure you are doing this effectively.

Please feel free to ask a member of staff where the nearest hand washing facilities or hand sanitiser dispensers are.

When dealing with diarrhoea and or vomiting illnesses, you should always wash your hands with soap and water. The use of hand sanitiser is **not** recommended.

Please ask a member of staff if you require more information about hand hygiene.

We endeavour to do our best to protect you from infection but we need your help...

Remember to wash your hands at these key times:

- After going to the toilet
- Before touching food and eating
- If your hands look or feel dirty
- After coughing, sneezing or blowing your nose
- Before and after handling a medical device such as a urinary catheter
- Before and after visiting patients



Alcohol handrub hand hygiene technique – for visibly clean hands



1 Apply a small amount (about 3 ml) of the product in a cupped hand



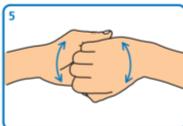
2 Rub hands together palm to palm, spreading the handrub over the hands



3 Rub back of each hand with palm of other hand with fingers interlaced



4 Rub palm to palm with fingers interlaced



5 Rub back of fingers to opposing palms with fingers interlocked



6 Rub each thumb clasped in opposite hand using a rotational movement



7 Rub tips of fingers in opposite palm in a circular motion



8 Rub each wrist with opposite hand



9 Wait until product has evaporated and hands are dry (do not use paper towels)



10 The process should take 15–30 seconds

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