

Hand Hygiene

Patient and Visitor
Information



Caring, Learning
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Hand Washing

Hands are used every day for many different tasks and as a result can be responsible for the spread of a wide variety of germs. Some of which can cause infection when not cleaned effectively.

Hand washing should always take place regardless of whether your hands appear clean or are visibly dirty. Even if your hands look clean, they may still harbour germs that cause infection which cannot be seen by the naked eye. If you looked at your hands through a microscope, you may be surprised.

Hand washing with soap and water is the most effective way to clean your hands.

Hand Sanitiser

Hand sanitiser is a quick, convenient and effective alternative to hand washing, only when hands are not visibly dirty. This is useful when soap and water for hand washing is not readily available.

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.

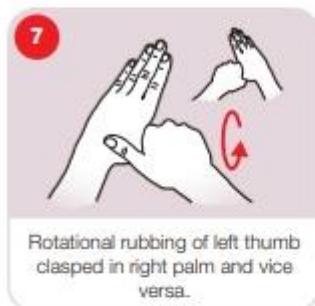
We try our best to protect you from infection but we need your help...

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

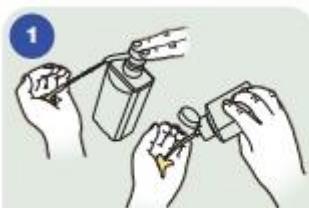
Best Practice: How to hand wash step by step images

Steps 3-8 should take at least 15 seconds.





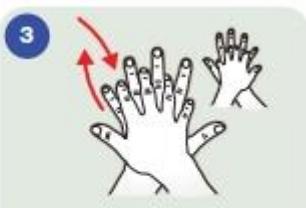
Best Practice: How to handrub step by step images



1
Apply a palmful of the product in a cupped hand and cover all surfaces.



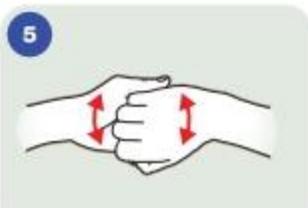
2
Rub hands palm to palm.



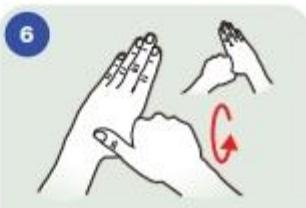
3
Right palm over the back of the other hand with interlaced fingers and vice versa.



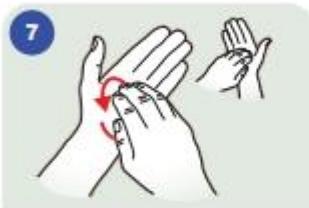
4
Palm to palm with fingers interlaced.



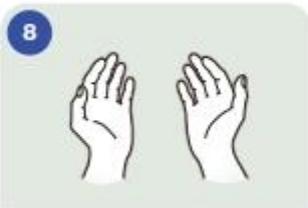
5
Backs of fingers to opposing palms with fingers interlocked.



6
Rotational rubbing of left thumb clasped in right palm and vice versa.



7
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



8
Once dry, your hands are safe.

Our Staff

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

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



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

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