

THANK  
YOU



# Module 1: Hand Hygiene for EVS Staff

## Infection Prevention and Control Training for Environmental Services Staff

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Healthcare-Associated Infections Program  
Center for Health Care Quality  
California Department of Public Health



# Objectives

- Describe how hand hygiene helps stop the spread of germs
- Demonstrate proper hand hygiene practices
- Adopt proper hand hygiene practices during environmental cleaning and disinfection

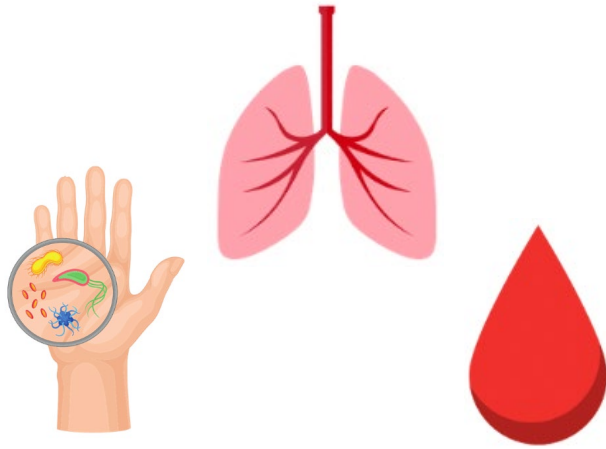


# HOW GERMS MAY SPREAD



# Reservoirs: Where Germs Live

## Body Reservoirs



**Examples: Skin, gastrointestinal system ("the gut"), respiratory system, blood**

## Environmental Reservoirs



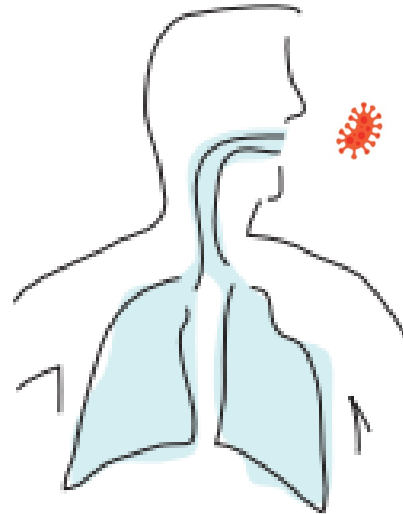
**Examples: Sinks/faucets, medical devices, bed rails, door handles, curtains**

# Pathways: How Germs Spread

Touch



Breathed In



Splashes or  
sprays



## How Germs Make People Sick

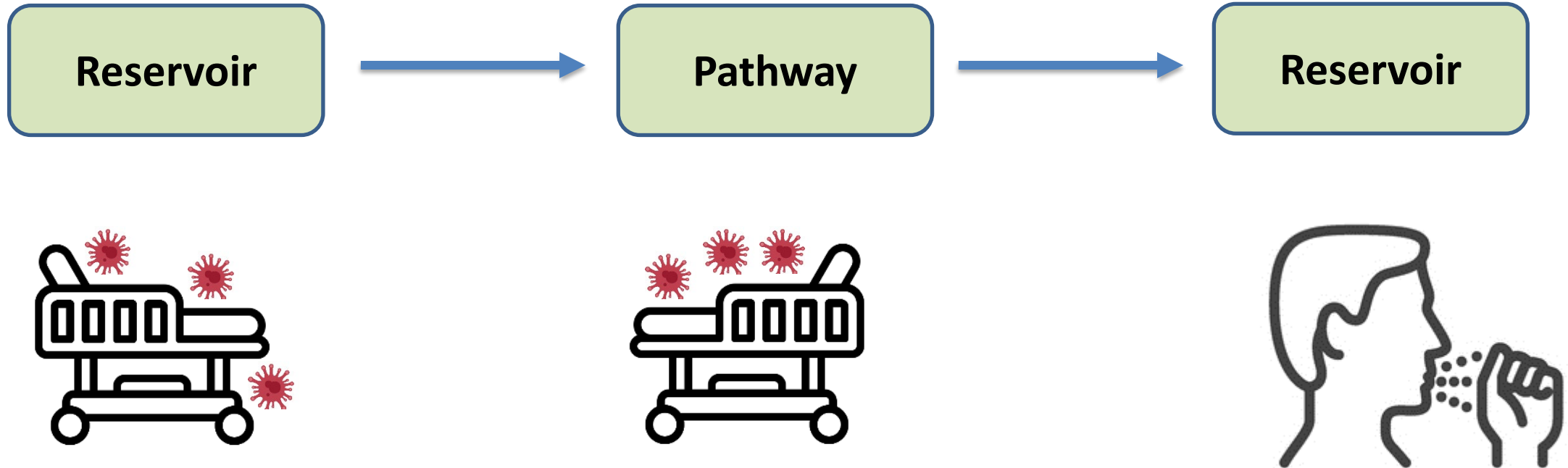
**New Person**



**Can be a resident,  
visitor, or healthcare  
personnel**

- Germs need to get around the person's natural defenses (e.g., skin, immune system)
- Germs need to survive in the environment
- Implement infection prevention and control practices to help keep germs from spreading

## How Germs May Spread: Example



**Bedrails contaminated  
with germs**

**Staff's unwashed hands  
transmit germs to roommate**

**Roommate gets sick  
from germs**



## Knowledge Check

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***What is a simple action EVS staff can take to prevent germs from spreading? Select the best answer.***

- A. Perform hand hygiene
  - B. Remove all sources of infection
  - C. Use only private rooms
  - D. All of the above
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## Knowledge Check

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*What is a simple action EVS staff can take to prevent germs from spreading? Select the best answer.*

- A. Perform hand hygiene**
  - B. Remove all sources of infection
  - C. Use only private rooms
  - D. All of the above
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-



# HAND HYGIENE



## EVS Staff Clean Many Surfaces

- Bedrails
- Bed side tables
- Chairs
- Door handles
- Floors
- Light switches
- Showers
- Sinks
- Toilets
- ...



# Hand Hygiene Prevents Germ Spread

- Hands are the most common mode for transmission of germs.
- Perform hand hygiene for at least 20 seconds to keep your hands clean and stop the spread of infections. Clean hands save lives.

## Alcohol-Based Hand Rub (ABHR)



## Soap and Water



## Why Do We Need To Clean Our Hands for at Least 20 Seconds?

- Scrubbing hands for 20 seconds is necessary because some germs can be difficult to remove.
- ABHR destroys the proteins in germs. Cover all hand surfaces with ABHR until hands feel dry. It should take around 20 seconds.
- **Remember: 20 seconds can save a life!**





## Hand Hygiene with ABHR

- Step 1. Apply ABHR to the palms of hands. Use enough product to cover all hand surfaces.
- Step 2. Rub hands together until dry. Spread between fingers, fingernails, on the front and back of hands, thumbs and wrists.





## Which Hand Hygiene Method To Use?



### **ABHR**

- Hands are not visibly dirty
- Touching cleaning supplies from the cart
- Upon entry and exit of every resident room or bedspace
- Before donning (putting on) and after doffing (taking off) gloves



### **Soap and Water**

- Hands are visibly dirty
- After contact with bodily fluids
- Resident has *C. difficile* infection
- Before and after meal
- After using restroom

# Every EVS Moment Matters!

## EVS Hand Hygiene Moments

When entering a resident room and before putting on gloves

Between dirty and clean tasks



Upon leaving a resident room and after removing gloves

Before touching clean items on a cart

Between cleaning resident bedspaces

Adapted from [WHO's Your 5 Moments for Hand Hygiene](https://cdn.who.int/media/docs/default-source/integrated-health-services-(ihs)/infection-prevention-and-control/your-5-moments-for-hand-hygiene-poster.pdf?sfvrsn=83e2fb0e_16)

([cdn.who.int/media/docs/default-source/integrated-health-services-\(ihs\)/infection-prevention-and-control/your-5-moments-for-hand-hygiene-poster.pdf?sfvrsn=83e2fb0e\\_16](https://cdn.who.int/media/docs/default-source/integrated-health-services-(ihs)/infection-prevention-and-control/your-5-moments-for-hand-hygiene-poster.pdf?sfvrsn=83e2fb0e_16))

# Hand Hygiene Scenario - What's Missing?

1. Cleans hands and dons (put on) gloves

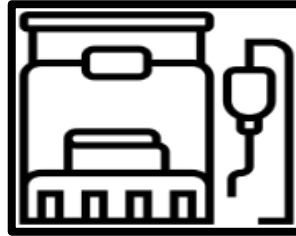


# Hand Hygiene Scenario - What's Missing?

1. Cleans hands and dons (put on) gloves



2. Cleans bedside 1

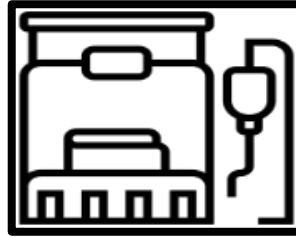


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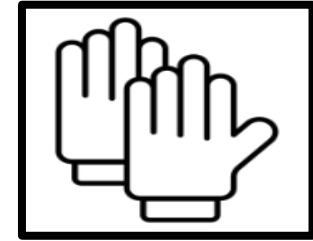
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2. Cleans bedside 1



3. Doffs (take off) and dons second pair of gloves

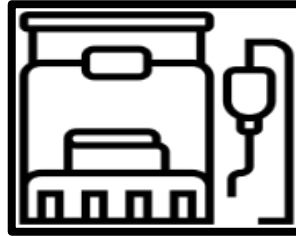


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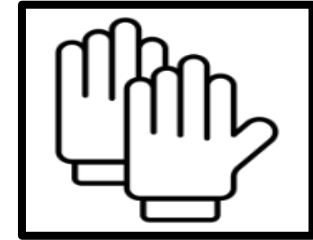
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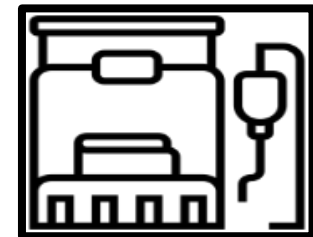
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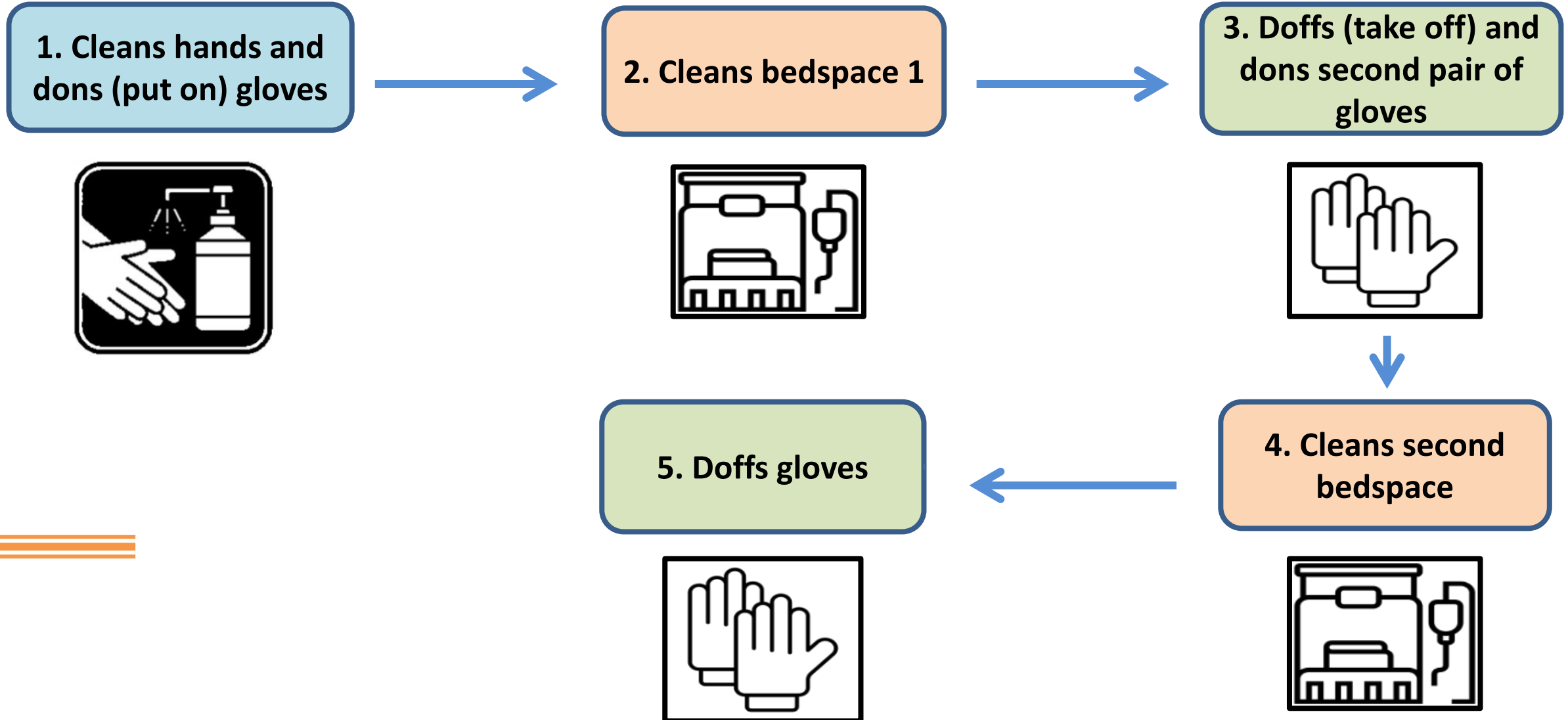
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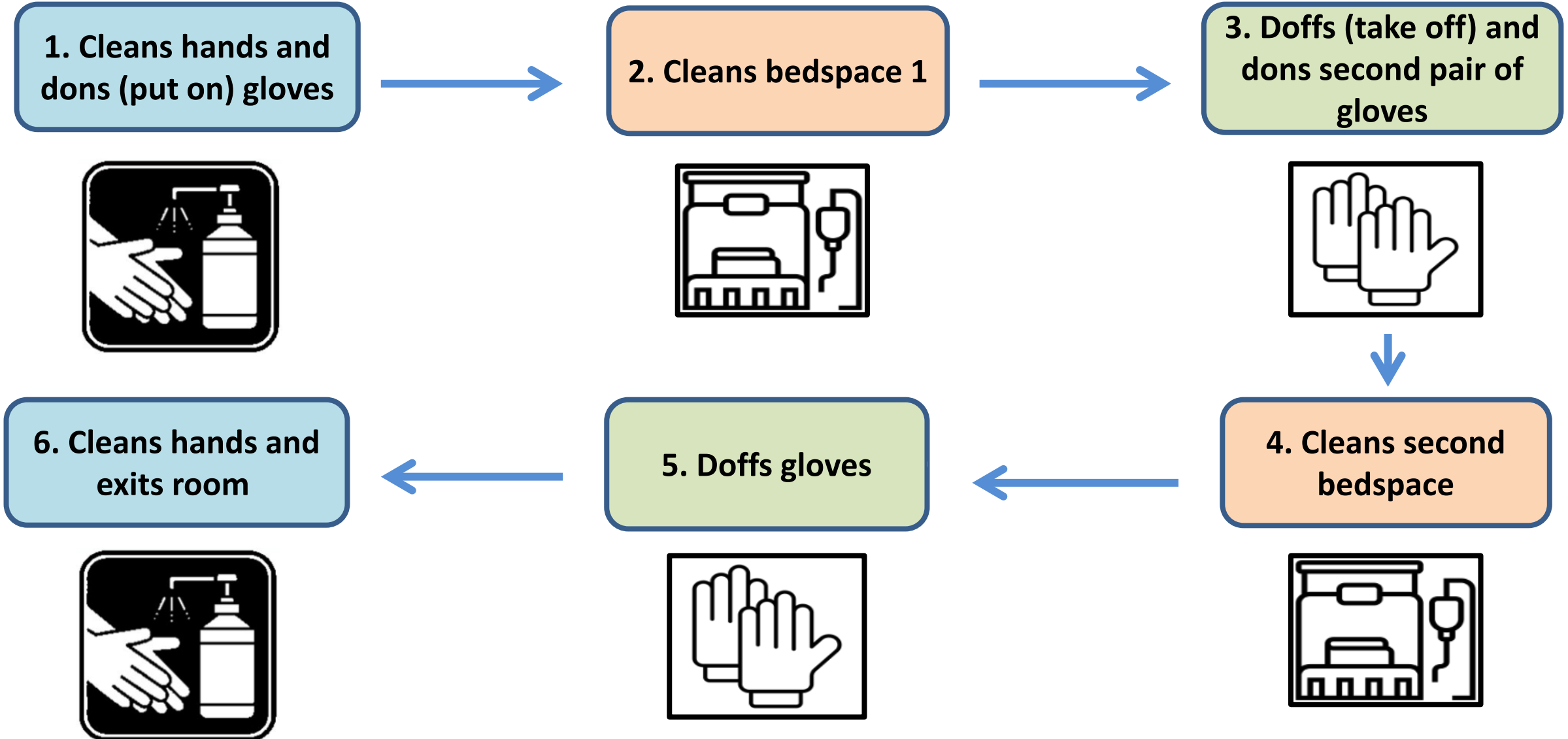
4. Cleans second bedside



# Hand Hygiene Scenario - What's Missing?



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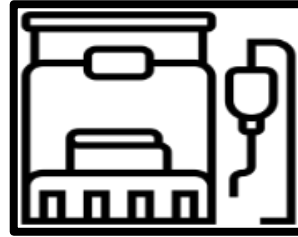


# Hand Hygiene Scenario

1. Cleans hands and dons (put on) gloves



2. Cleans bedside 1



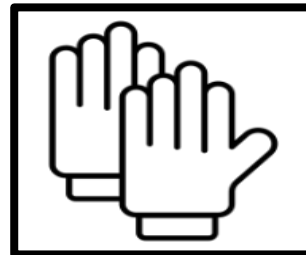
3. Doffs (take off) and dons second pair of gloves



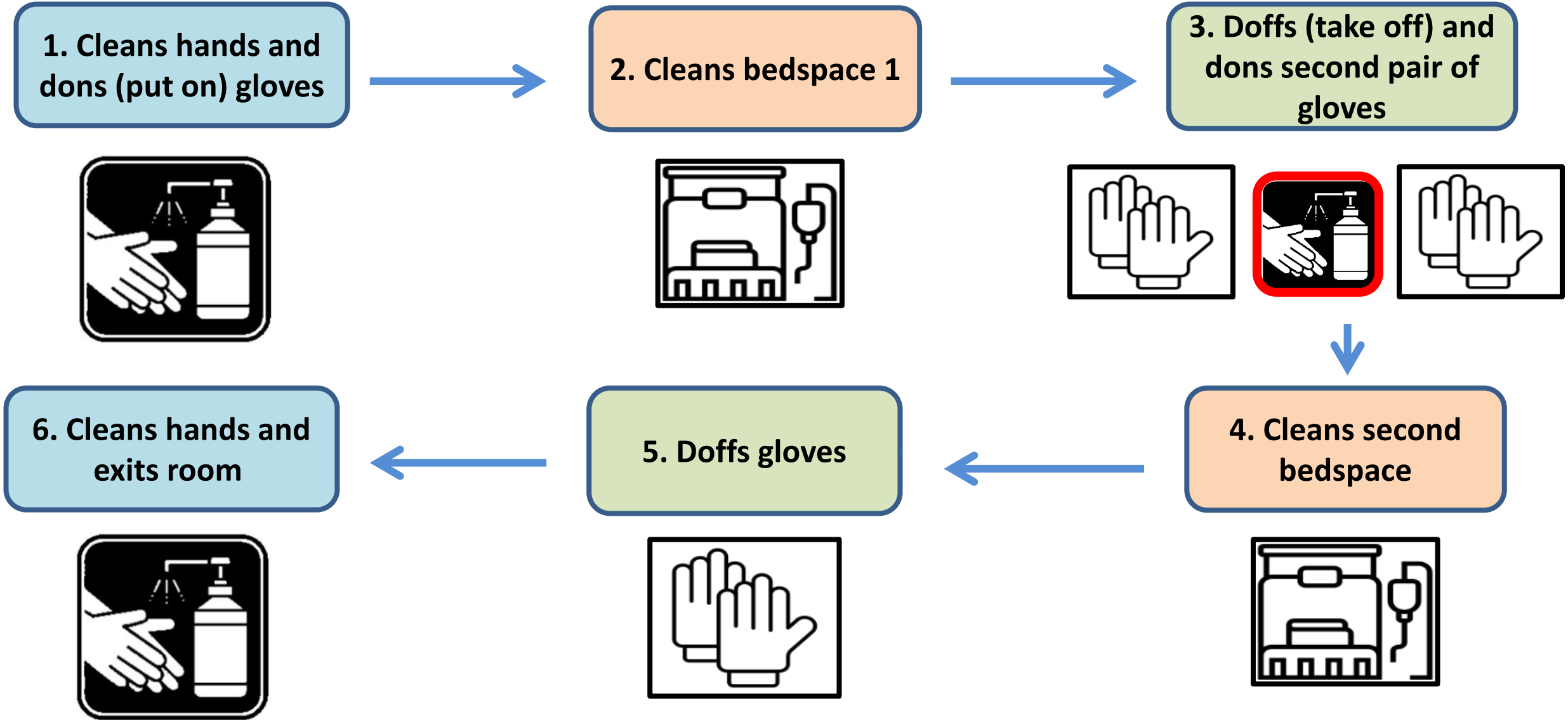
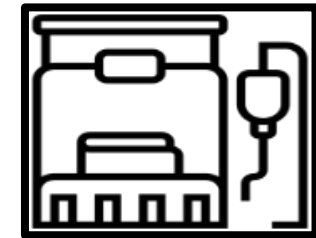
6. Cleans hands and exits room



5. Doffs gloves



4. Cleans second bedside



## Additional Considerations

- Skin health
  - Caring for the healthcare environment can damage your hand skin
  - Use facility-approved soap, ABHR, and hand creams.
  - Tell your supervisor if your hands develop cracks or redness
- Nail health
  - Keep your nails short and natural
    - Bacteria live in the space between the fingernail and the nail
    - Chipped nail polish provides a reservoir for germs
  - Familiarize yourself with facility hand hygiene policy

## Best Practices to Keep Your Hands Clean

- ✓ Clean hands for at least 20 seconds with ABHR or soap and water



**Clean hands are vital during EVS tasks to prevent the spread of germs to our residents and ourselves.**

## Best Practices to Keep Your Hands Clean

- ✓ Gloves are not a substitute for hand cleaning. Clean your hands before putting on and immediately after removing gloves.



**Clean hands are vital during EVS tasks to prevent the spread of germs to our residents and ourselves.**

## Best Practices to Keep Your Hands Clean

- ✓ Clean your hands
  - Upon entering a resident room and before putting on gloves
  - Before touching clean items on an EVS cart
  - Between cleaning resident bedspaces that share a room
  - Between dirty and clean tasks. For example, before placing items back on the cleaning cart
  - Upon leaving a resident room and after removing gloves



**Clean hands are vital during EVS tasks to prevent the spread of germs to our residents and ourselves.**

## Summary

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- Clean hands reduce the spread of germs
  - Clean your hands the right way
    - Washing hands with soap and water for 20 seconds
    - Using enough ABHR to cover all hand surfaces, rubbing until dry
  - All EVS staff should know which:
    - Method of hand hygiene to use
    - Situations that require hand washing
    - Times when they should clean their hands
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## References

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1. [Clean Hands Video, Centers for Disease Control and Prevention \(CDC\)](https://www.youtube.com/watch?v=xmYMUly7qiE)  
([www.youtube.com/watch?v=xmYMUly7qiE](https://www.youtube.com/watch?v=xmYMUly7qiE))
2. [Hand Hygiene, CDC](https://www.cdc.gov/handhygiene/index.html)  
([www.cdc.gov/handhygiene/index.html](https://www.cdc.gov/handhygiene/index.html))
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4. [Project Firstline, CDC](https://www.cdc.gov/infectioncontrol/projectfirstline/index.html) ([www.cdc.gov/infectioncontrol/projectfirstline/index.html](https://www.cdc.gov/infectioncontrol/projectfirstline/index.html))
5. [Your 5 Moments for Hand Hygiene, World Health Organization \(WHO\)](https://cdn.who.int/media/docs/default-source/integrated-health-services-(ihs)/infection-prevention-and-control/your-5-moments-for-hand-hygiene-poster.pdf?sfvrsn=83e2fb0e_16)  
([cdn.who.int/media/docs/default-source/integrated-health-services-\(ihs\)/infection-prevention-and-control/your-5-moments-for-hand-hygiene-poster.pdf?sfvrsn=83e2fb0e\\_16](https://cdn.who.int/media/docs/default-source/integrated-health-services-(ihs)/infection-prevention-and-control/your-5-moments-for-hand-hygiene-poster.pdf?sfvrsn=83e2fb0e_16))

## Project Firstline Resources

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Visit the [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

([www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx))

Email the Project Firstline AskBox

[ProjectFirstline@cdph.ca.gov](mailto:ProjectFirstline@cdph.ca.gov)

Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.



# HOW TO WASH YOUR HANDS



WET YOUR HANDS



APPLY THE SOAP



SCRUB YOUR HANDS



CLEAN YOUR THUMBS



RINSE YOUR HANDS



DRY WITH SINGLE USE TOWEL