

Why Should I Wash My Hands at the Hospital?

- It is critically important to wash hands properly
 - ❖ It will help prevent the spread of germs
- Patients are sicker and more vulnerable to get infections
- More germs are becoming resistant to antibiotics
- Healthcare workers are busier, so may not stop to wash hands properly

What Researchers are Saying:

- Hands were washed significantly less when gloves were worn than when not

(J Food Prot. 2007;70(3):661-6)

- Improper hand washing by employees was observed in 73% of full-service food establishments

(FDA report, 2004)

When to Wash or Clean Hands

- Upon arrival at the hospital
- After using the restroom
- Before and after touching a patient
- After touching face, hair, or equipment
- Before and after removing gloves
- Before going home
 - ❖ Protect your family, keep germs away from home



A Good Way to Wash Hands

- When using water, wet hands first so that soap will rinse off more easily
- Apply friction to your hands
 - Front, back, around fingers, over thumb, across fingernails
 - 15 seconds recommended
- Take time to rinse hands thoroughly
- Dry Hands thoroughly with a disposable towel

Hand Hygiene Products

- **SOAP:** Lifts germs so they can be rinsed off under running water
- **Antimicrobial Soap:** Kills and lifts germs
- **Alcohol-based waterless hand rub**
 - Kills germs (without water)
 - Does not work well when hands visibly dirty
- **Antiseptic Towelette:** Provides physical removal of dirt in absence of water