

Routine Practices

Hand Hygiene Education for Health Care Staff

How to Practice Hand Hygiene

Hand hygiene is the most important way to prevent the spread of microorganisms. It reduces the number of germs on the hands by cleaning hands with soap and water or alcohol-based hand rub. Everyone needs to know about hand hygiene regardless of work setting.

There are some essential moments in health care settings where the risk of transmission is greatest and hand hygiene must be performed. These are *Your 4 Moments for Hand Hygiene*.

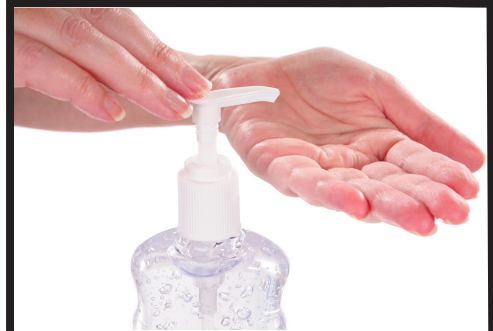
4 Moments for Hand Hygiene

MOMENT 1. Before initial patient or patient environment contact: For example: Before taking a blood pressure, temperature or pulse. Before touching a wheelchair or walker.

MOMENT 2. Before aseptic or clean procedure. For example: Before handling dressings or touching open wounds. Before eating/preparing/serving of food or medication.

MOMENT 3. After body fluid exposure risk. For example: After contact with blood. After personal use of the toilet. After touching mucous membranes.

MOMENT 4. After patient or patient environment contact. For example: After touching a patient/resident/client. After shifts and breaks.



4 Moments

1. Before contact with patient/resident/client (PRC) or PRC environment
2. Before aseptic or clean procedure
3. After body fluid exposure risk
4. After PRC or PRC environmental contact