

Hand Hygiene



SKIN PROTECTION

- Before**
- ✓ Beginning of work shift
 - ✓ Tasks posing risk to the skin
- Nach**
- ✓ Work breaks or throughout the day

SKIN CARE

- Mornings and evenings**
- After**
- ✓ Tasks posing risk to the skin
 - ✓ End of work shift
1. Dispense product from pump or dispenser
 2. Apply first on the back of the hand
 3. Rub into hands
 4. Pay special attention to the spaces between fingers and nail beds

HAND WASHING

- Before**
- ✓ Work breaks
- After**
- ✓ Visibly dirty skin
 - ✓ Using the restroom
 - ✓ End of work shift
- Avoid**
- ✗ Hot water
 - ✗ Directly before or after hand disinfection

1. Use running water
2. Lather soap on all sides for at least **20 sec**
3. Rinse thoroughly
4. Dry with a clean towel

SURGICAL HAND DISINFECTION

- Not required**
- ✓ For visibly clean hands
- Before**
- ✓ Beginning of work shift
 - ✓ Putting on surgical clothing
- Before**
- ✓ Contact with operating field
 - ✓ Contact with sterile medical devices and materials
 - ✓ Other procedures coming with the same requirements as for asepsis

1. Press hand disinfection dispenser with your elbow
2. Keep hands moist for the entire application time of **1.5 min**
3. Wet both hands and keep them above elbow level during and after rubbing
4. Rub both forearms up to elbow
5. Perform hygienic hand disinfection thoroughly
6. Put surgical gloves on completely dry hands

HYGIENIC HAND DISINFECTION

- For**
- ✓ Contact with **intact skin** as part of basic hygiene
 - ✓ Activities **without contact to potentially infectious materials** (e.g., vaccinations)

- In the 5 Moments of hand hygiene**
- Before**
- ✓ Patient contact
 - ✓ Aseptic task
- After**
- ✓ Body fluid exposure risk
 - ✓ Patient contact
 - ✓ Contact with patient surroundings

Dry hands, at least 3 ml, 30 sec

1. Palms
2. Backs of the hand
3. Palms with fingers spread
4. Interlock fingers and rub
5. Rub fingertips in a circular motion on the palm
6. Rub thumbs in a circular motion

DISPOSABLE GLOVES

- For**
- ✓ The care and treatment of patients with **transmissible diseases**
 - ✓ **Invasive procedures^{1,2}, punctures, and certain injections**
 - ✓ Direct contact with **highly contaminated surfaces**
 - ✓ Activities involving potential **body fluid exposure**
 - ✓ **Alcohol-resistant pathogens** (e.g., spores)



hand hygiene protects you & me

1) Bei invasiven Eingriffen sind sterile Handschuhe zu nutzen. 2) Bundesgesundheitsblatt 2016; 59(11):189-1220. DOI: 10.1007/s0010301052416-6 • © 1601 | 11.03.24 | INH