



### Hand Disinfection



#### 1 Hand washing

- Turn taps on using elbow or forearm to establish flow of warm water.
- Wet hands.
- Apply 5 mL of liquid soap or antimicrobial cleanser.
- Lather soap and scrub hands for 15 to 30 seconds.
- Pay careful attention to fingernails, palms, back of hands, knuckles and webs of fingers and wrists.
- Thoroughly rinse forearms, hands and fingers under running water.
- Use paper towel to pat dry fingers, hands and forearms.
- Turn taps off using dry paper towel/elbows– take care not to contaminate clean hands on sink or taps.
- Discard paper towel into waste bin.



#### 2 Antimicrobial hand cleanser

- Apply 5 mL antimicrobial cleanser.
- Vigorously rub gel into hands for 10 – 30 seconds, paying careful attention to palms, back of hands, knuckles, webs of fingers and wrists.
- Allow to dry completely.

#### 3 Additional information

- Hands must be visibly clean and dry prior to using antimicrobial cleanser – If hands are visibly soiled, wash with soap and water.



#### Background

Hand hygiene is fundamental to patient safety. All health practitioners are expected to practice careful hand hygiene before and after touching a patient, before and after a procedure and after touching a patient's surroundings.

#### Equipment required

- Soap
  - Basin
  - Running water
  - Hand towel
- OR
- Hand Sanitiser

#### References

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