

HAND RUBBING FOR HEALTH PROFESSIONALS

Alcohol-based hand rub should only be used when hands are free of dirt and organic material.

Hand hygiene should be performed:

- a. Before direct contact with a patient including aseptic procedures
- b. After direct contact with a patient
- c. Immediately after exposure to body fluids or excretions
- d. After touching a patient's surroundings
- e. Immediately after glove removal

Note: Hand washing should be undertaken when hands are dirty or soiled and is the preferred technique when exposure to potential spore forming pathogens is suspected or proven.

HAND RUBBING WITH ALCOHOL SOLUTION

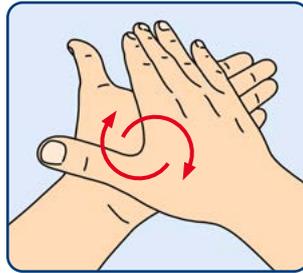
1/ PREPARE HANDS: Remove wrist and hand jewellery; arms bare from the elbow down; fingernails should be short and clean (no false nails/polish); cuts and abrasions covered with waterproof dressings.

Rub hands together vigorously for
15-30 seconds following steps 3 to 8

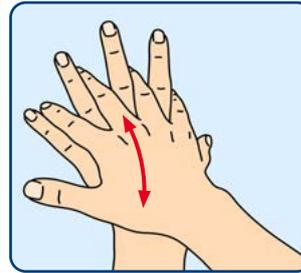
15
30



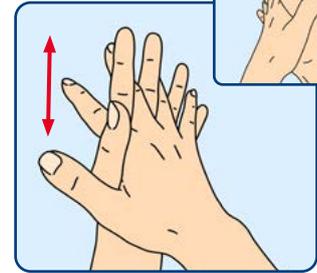
2/ Apply into a cupped hand, enough alcohol solution to cover entire hands



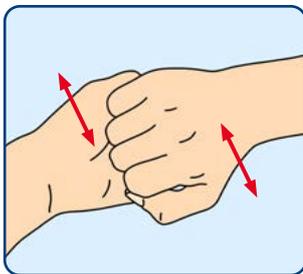
3/ Rub hands palm to palm



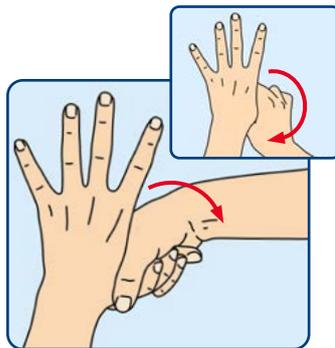
4/ Right palm on left dorsum, rub together with fingers interlaced, repeat with left palm on right dorsum



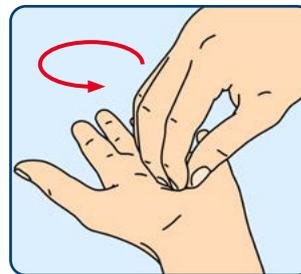
5/ Rub palm to palm with fingers interlaced, right hand over/left hand under, then swap



6/ Cusp backs of fingers into opposing palms and rub side to side



7/ Clasp right hand over left thumb and rub thumb in a rotational direction, repeat with left hand over right thumb



8/ Place fingertips of right hand into left palm and rub in a circular direction, repeat with left hand into right palm



9/ Wait for hands to dry completely

10/ ONCE HANDS ARE DRY, hands are safe to undertake a task

Reference

The Joanna Briggs Institute. Recommended Practice. Basic Hand Hygiene: Health Professionals. The Joanna Briggs Institute EBP Database, JBI@Ovid. 2020; JBI2421.

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