

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

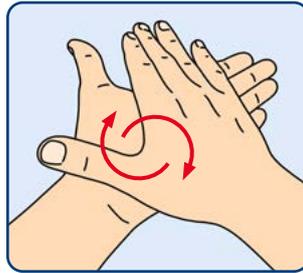
**1/ PREPARE HANDS:** Remove wrist and hand jewellery; arms bare from the elbow down; fingernails should be short and clean (no false nails/polish); cuts and abrasions covered with waterproof dressings.

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

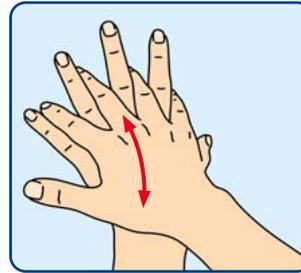
15  
30



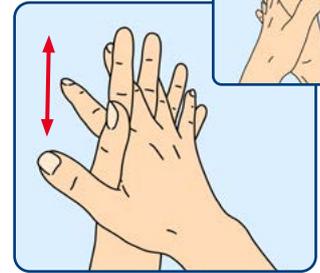
**2/** Apply into a cupped hand, enough alcohol solution to cover entire hands



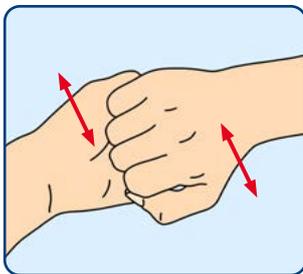
**3/** Rub hands palm to palm



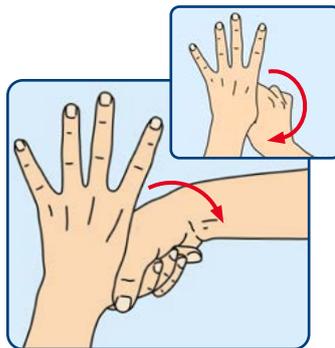
**4/** Right palm on left dorsum, rub together with fingers interlaced, repeat with left palm on right dorsum



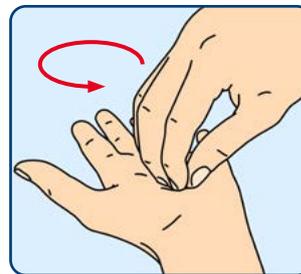
**5/** Rub palm to palm with fingers interlaced, right hand over/left hand under, then swap



**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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