

Department of
NURSING

Hand Hygiene



The Importance of Hand Hygiene

- Remove dirt and germs from hands
- Protect yourself, families and friends

When Do I Wash My Hands?

- Before meal or handling of food
- When your hands are dirty
- After using the toilet
- After blowing your nose

When Do I Perform 7 Steps of Hand Hygiene?

- Before doing any procedure on your loved ones, such as wound dressing / tube feeding / changing of urine bag
- After contact with blood and body fluids such as saliva, urine and faeces

7 Steps Hand Hygiene



1. Wet hands and get adequate amount of soap.



2. Rub hands together, palm to palm to create lather.



3. Rub left palm over right hand and vice versa.



4. Rub hands together, palm to palm, with fingers interlaced.



7. Perform rotational rubbing, backwards and forward, with clasped fingertips and vice versa.



5. Rub the back of fingers to opposing palms, fingers interlocking.



8. Perform rotational rubbing of right wrist, followed by left wrist.



6. Perform rotational rubbing of right thumb clasped in left palm and vice versa.



9. Rinse hands thoroughly and dry hands with clean towel / tissue paper.



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