

HAND WASHING

Benefits:

- Washing your hands with warm water and cleanser is the easiest and most effective way to prevent the spread of bacteria.

Indications:

- Before and after treatments.
- Before handling food.
- After handling food.
- After using the bathroom.
- After changing a diaper.
- After tending to a sick person.
- After blowing nose, coughing, or sneezing.
- After handling pet.

Pre-Procedure:

- Make sure you have cleanser, paper towels, an orange stick or nail brush, and a wastebasket.
- Push up uniform sleeves.
- Stand away from the sink so your clothes do not touch the sink. Stand so the cleanser and faucet are easy to reach.

Procedure:

- Turn on faucet. Adjust the water until it feels warm and comfortable.
- Wet wrists and hands thoroughly under running water. Keep your hands lower than your elbow during the procedure.
- Dispense about 1 teaspoon of cleanser into the palms of your hands.
- Rub your palms together and interlace your fingers to work a good lather. This step should last 10 to 15 seconds.
- Wash each hands and wrist thoroughly. Clean well between the fingers. Clean under the fingernails by rubbing against your palms.
- Use a nail brush or orange stick to clean under the nails.
- Wash brush with cleanser and hot water. Rinse and place in hospital grade disinfectant.

- Lather hands again.
- Rinse your wrists and hands well. Water should flow from the arms to the hands.
- Repeat steps if needed.
- Dry your wrists and hands with paper towels. Pat dry starting at your fingertips.
- Discard the paper towels.
- Turn off faucets with clean paper towels to avoid contaminating your hands. Use a clean paper towel for each faucet.
- Discard paper towels.



Post-Procedure:

- Glove hands according to Gloving skill.

Infection Control:

- Place nail brush in hospital grade disinfectant for 10 minutes or discard used orange stick.
- Remove nail brush from hospital grade disinfectant and rinse.
- Use a dry paper towel to blot nail brush.
- Store the nail brush in designated area.
- **Tip:** Nail brushes can also be placed in a dry, flat sanitizer.
- Refer to OSHA and your state board.

