

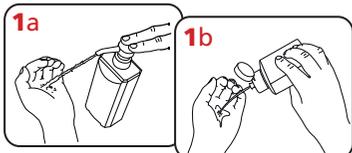
Appendix 1 – Hand-hygiene policy

A hand-hygiene policy must be available within the practice and should contain, at least, the following:

- Carry out hand hygiene between each patient treatment, and before donning and after removal of gloves.
- Bar soap must not be used or made available in the practice.
- Do not use scrub or nail brushes because these can cause abrasion of the skin where microorganisms can reside.
- Nails must be short and clean. Nails should be free of nail art, permanent or temporary enhancements (false nails) or nail varnish.
- Nails should be cleaned using a blunt “orange” stick.
- Use good-quality soft paper hand-towels.
- Ensure that paper towels and drying techniques do not damage the skin.
- Use a hand cream following hand-washing at the end of a session to counteract dryness and as required.
- Hand-washing should take place at least at the beginning and end of every session, and if hands are visibly soiled.
- Antimicrobial handrubs conforming to BS EN 1500 can be used on visibly clean hands as an alternative to washing.
- If hands become sticky with the build of handrub residue, they must be washed as normal using a proper hand-hygiene technique.
- Alcohol-impregnated wipes used for cleaning surfaces should not be used in place of handrubs/gels, as they are not effective in hand decontamination.
- Use a foot-operated or sensor-operated waste bin.

HAND CLEANING TECHNIQUES

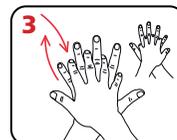
How to handrub?



Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces



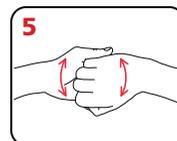
2 Rub hands palm to palm



3 Rub back of each hand with the palm of other hand with fingers interlaced



4 Rub palm to palm with fingers interlaced



5 Rub with backs of fingers to opposing palms with fingers interlocked



9 Once dry, your hands are safe



How to handwash?

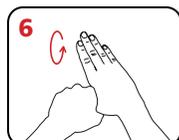
WITH SOAP AND WATER



0 Wet hands with water



1 Apply enough soap to cover all hand surfaces



6 Rub each thumb clasped in opposite hand using rotational movement



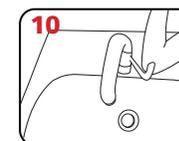
7 Rub tips of fingers in opposite palm in a circular motion



8 Rub each wrist with opposite hand



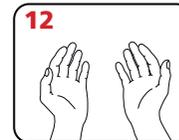
9 Rinse hands with water



10 Use elbow to turn off tap



11 Dry thoroughly with a single-use towel



12 Your hands are now safe



Adapted from WHO World Alliance for Patient Safety 2006

