

# OCHD HAND HYGIENE

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OCHD Infection Control and Safety  
Foundations Team



# AGENDA

The purpose of this E-Learning is to review proper Hand Hygiene on an annual basis as your supervisors or the infection preventionists may be coming around to complete spot checks.

By completing this E-Learning and quiz at the end, you are stating you have the knowledge to properly wash your hands with either soap and water or hand sanitizer.

# Who will win The Hygiene Games?

[https://youtu.be/5uZjgGD\\_9vY](https://youtu.be/5uZjgGD_9vY)



# WHEN USING SOAP AND WATER THE FOLLOWING STEPS SHOULD BE FOLLOWED:

1. Wet hands with lukewarm water
2. Apply soap to hands following manufacturer's recommendations
3. Rub hands vigorously together for 15 to 20 seconds covering all areas including between fingers and around nail beds.
4. Place hands under running water with fingers tips pointed downward and rinse from wrist to fingers
5. Dry hands with a paper towel
6. Use a paper towel to turn off the faucet and throw in trash.



When using hand sanitizer, the following steps should be followed:

1. Apply sanitizer to the palm of one hand using manufacturer's recommendations.
2. Rub hands together covering all areas including between fingers and around nail beds until hands are completely dry.

Hand Sanitizer is the preferred method of hand hygiene for the Oneida Comprehensive Health Division, but there are times when you **MUST** use soap and water to wash your hands.



- Examples of when you must wash your hands:
- When they are visibly soiled
- If you were in a room with a patient that was on any kind of precautions (contact, droplet, airborne)
- After cleaning a room that was on precautions.

