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HAND HYGIENE PROTOCOL

WHO Guidelines on Hand Hygiene in Health Care

HAND HYGIENE PROTOCOL



1. Apply the product in the palm of your hand



2. Rubbing hands palm to palm



3. Right palm over left dorsum with interlaced fingers and vice versa



4. Palm to palm with fingers interlaced



5. Pay special attention to periungual spaces



6. Rotational rubbing of right thumb clapsed in left palm and vice versa



7. Rotational rubbing, with clasped fingers of right hand in left palm and vice versa

- 1-Previously remove watch, rings and bracelets. Keep nails clean and short.
- 2-Apply a dose of hydroalcoholic solution in the palm of your hand.
- 3-Distribute the product by rubbing for 30 seconds: extend the product palm to palm, palms on dorsa, palm on palm with interlaced fingers, back of the fingers on the palm, rotational rubbing of the thumbs, rubbing of fingertips on palms.
- 4-Do not dry your hands; let the product evaporate while rubbing your hands.

Approximate duration of the process: 30 seconds

- If the hands are visibly dirty or contaminated, you must use soap and water before using the hydroalcoholic solution.
- The use of gloves does not replace hand hygiene.

THE 5 MOMENTS OF HAND HYGIENE

