

Microbiology Lab.
Hand washing / Hygiene
2nd Year - Medicine

ILOs

- To show how proper hand washing is essential to prevent infections
- Learn the proper use of sanitizers and proper hand washing
- Show that germs may be present even if they are not seen
- Learn some principles of healthcare associated infections and infection prevention and control

□ Types of bacteria on hands

- Normal flora
- Transient bacteria

Microbial spread and transmission

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch nose eyes..or other people's hands or common objects

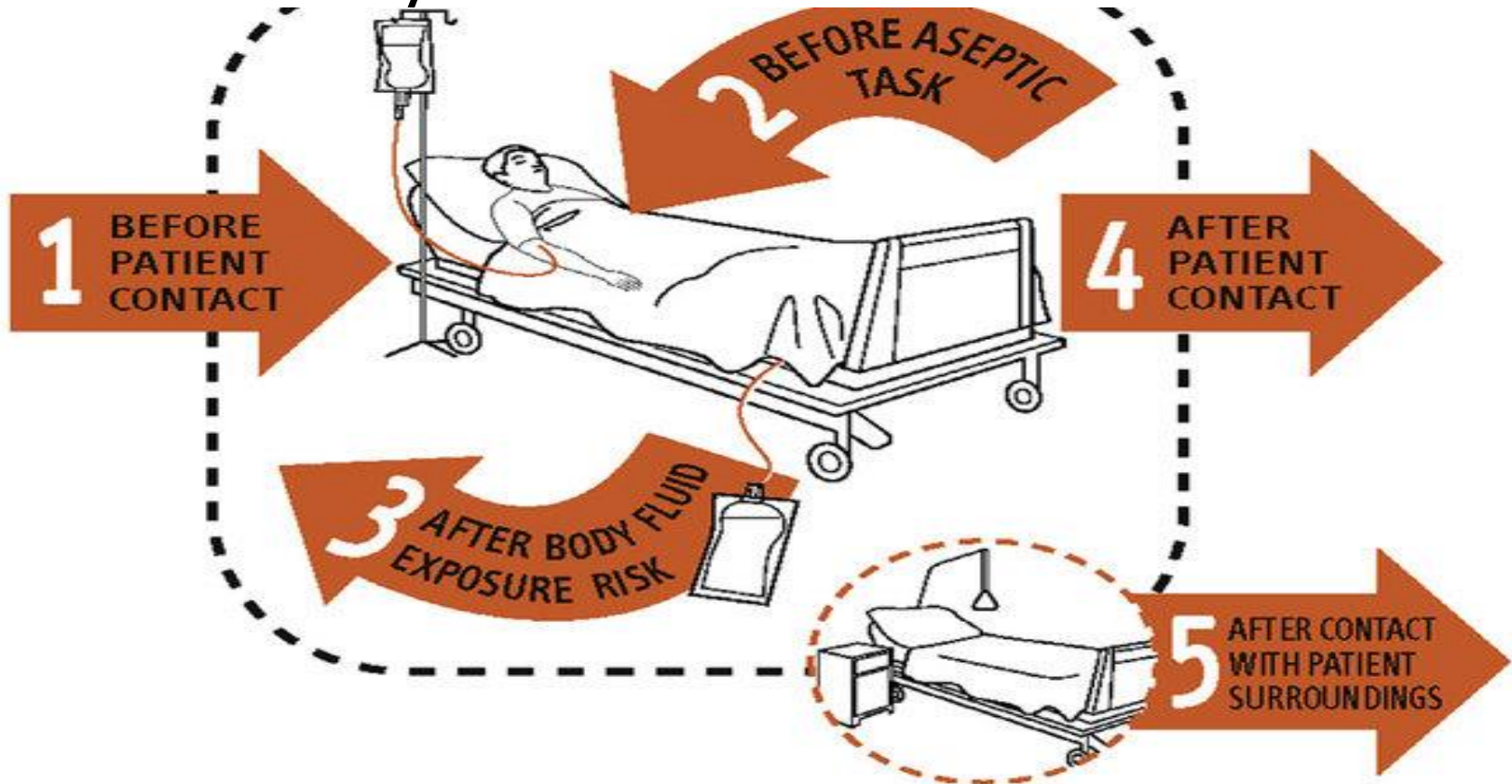
- Washing hands can keep you healthy and prevent the spread of many infections such as respiratory and diarrheal infections from one person to the next.



Hand washing- When

- **Socially:** for example
- If your hands are obviously dirty
- Before eating or handling food
- After using the toilet
- After changing nappies
- If you are a patient / visitor and have diarrhoea and/or vomiting, coughs or influenza (flu)

Medically



1 BEFORE PATIENT CONTACT	WHEN? Clean your hands before touching a patient when approaching him or her WHY? To protect the patient against harmful germs carried on your hands
2 BEFORE AN ASEPTIC TASK	WHEN? Clean your hands immediately before any aseptic task WHY? To protect the patient against harmful germs, including the patient's own germs, entering his or her body
3 AFTER BODY FLUID EXPOSURE RISK	WHEN? Clean your hands immediately after an exposure risk to body fluids (and after glove removal) WHY? To protect yourself and the health-care environment from harmful patient germs
4 AFTER PATIENT CONTACT	WHEN? Clean your hands after touching a patient and his or her immediate surroundings when leaving WHY? To protect yourself and the health-care environment from harmful patient germs

Hand washing - How

- A good hand washing technique involves wetting the hands under running water before applying liquid soap.
- The hands should be rubbed together for 15 – 20 seconds so that the soapy water comes into contact with all surfaces of each hand, (See figure).
- It is important to wash under any rings and it is advisable to remove wristwatches before washing.
- Hands should be rinsed thoroughly and then dried with paper towels.

Hand washing - steps



Wet hands with water



Apply enough soap to cover all hand surfaces



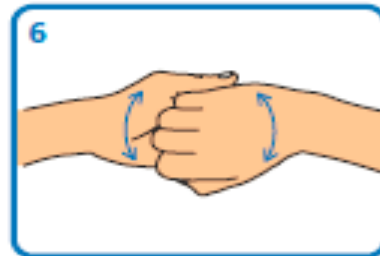
Rub hands palm to palm



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



Rub palm to palm with fingers interlaced



Rub with back of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement



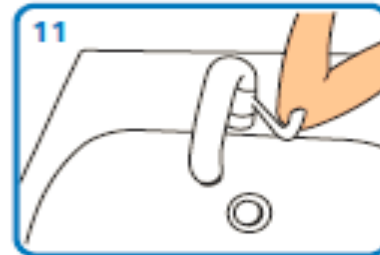
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel

Hand washing - steps

1. Wet your hands with water.



2. Apply enough soap to cover your hands.



3. Rub your hands together



4. Use 1 hand to rub the back of the other hand and clean in between the fingers. Do the same with the other hand.



5. Rub your hands together and clean in between your fingers.



6. Rub the back of your fingers against your palms.



7. Rub your thumb using your other hand.
Do the same with the other thumb.



8. Rub the tips of your fingers on the palm of your other hand. Do the same with other hand.



9. Rinse your hands with water.



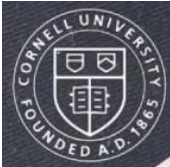
10. Dry your hands completely with a disposable towel.



11. Use the disposable towel to turn off the tap. OR Use elbow or..But don't touch



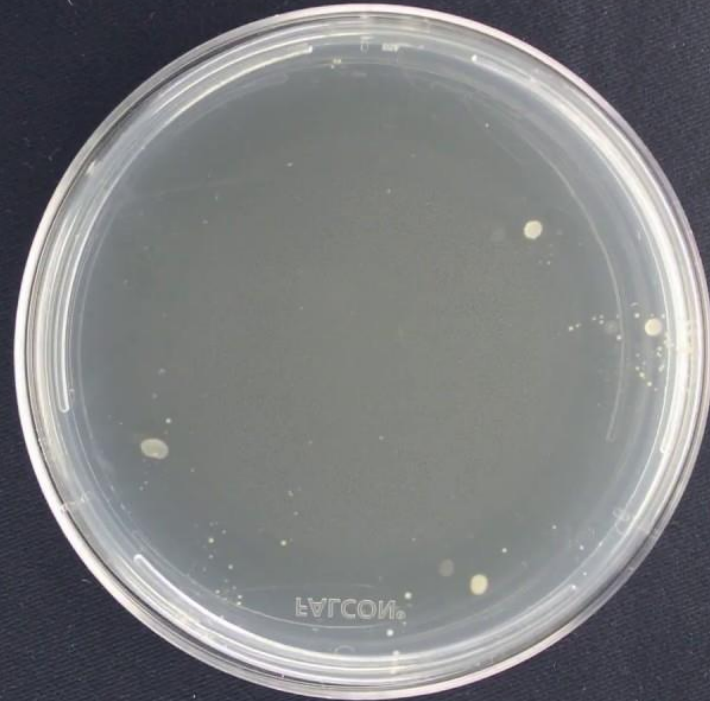
practical



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Before Handwashing



After Handwashing



The End