

Why hand hygiene training is important in healthcare?

There are **80,000 fatalities** a year from hospital acquired infections

Proper hand hygiene may **reduce pathogen transmission** in healthcare by 50%

Education is one of the cornerstones for improvement of hand hygiene practices

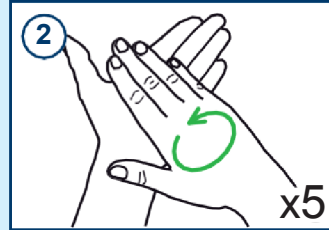
Handwashing procedure - Wash your hands with soap, water and paper towel



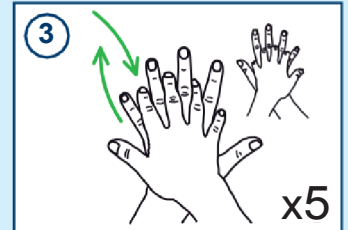
First, rinse your hands under warm water to remove loose dirt



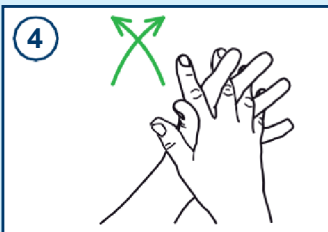
Press the button to deliver a dose of soap



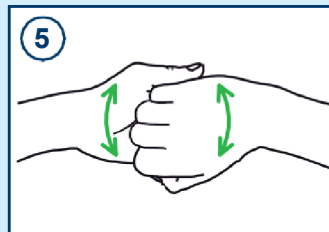
Rub the palms of the hands together to create a lather



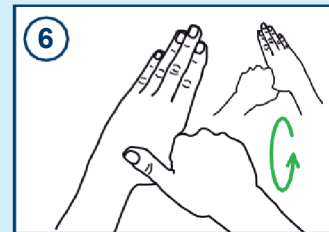
Rub the back of one hand against the palm of the other, repeat with the other hand



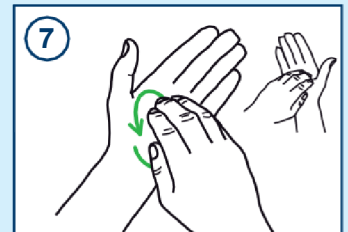
Rub the palms together with fingers interlaced



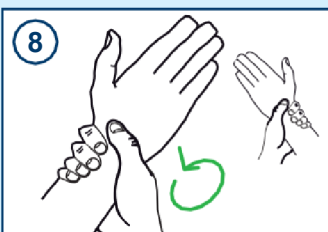
Rub the tips of the fingers against the palm of the opposite hand



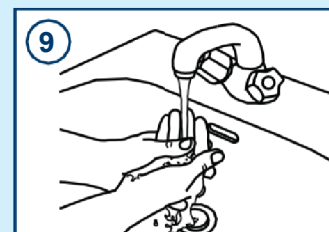
Wash each thumb by rotating inside the palm of the other hand



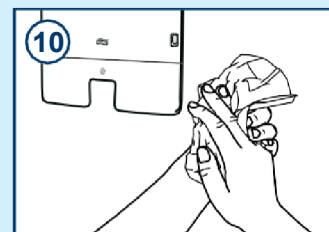
Rub the backs of fingers of each hand against the palm of the other using small circular movements



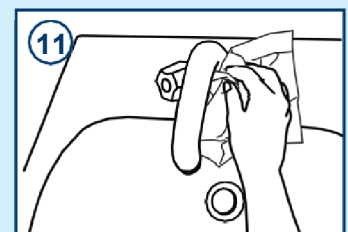
Remember to wash the wrists



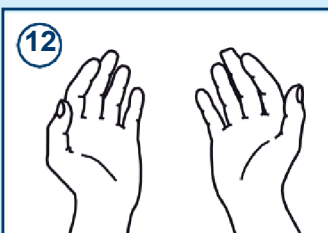
Rinse carefully under running water



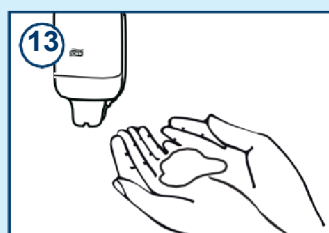
Dry the hands carefully using a disposable paper towel. Remember to dry the spaces between the fingers



Use a paper towel to turn off the faucet



Your hands are now dry and safe



Use lotion if needed



40-60 sec



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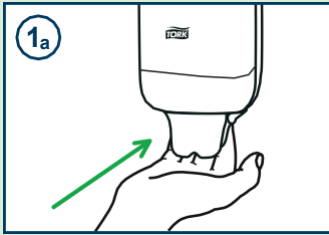
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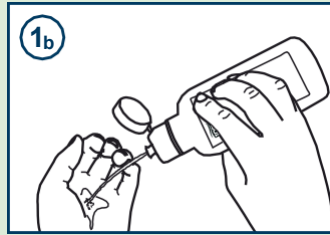
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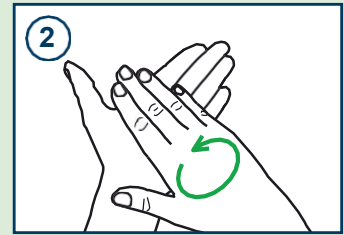
Hand sanitizer procedure - Disinfect your hands



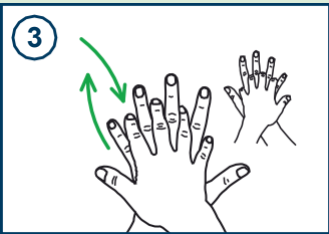
Dispense enough sanitizer to cover all the surfaces of both hands and wrists into the palm of your hand



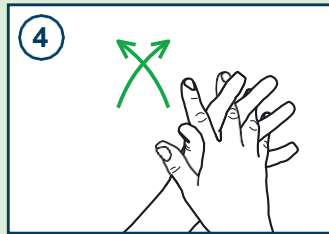
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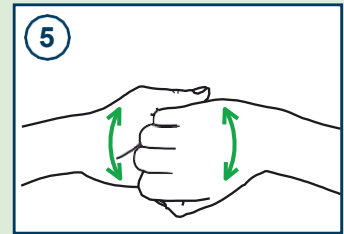
Rub the palms together



Rub the palms against the back of the opposite hand with fingers interlaced



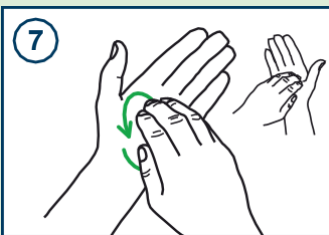
Rub the palms together with fingers interlaced



Rub the backs of fingers against the opposing palm



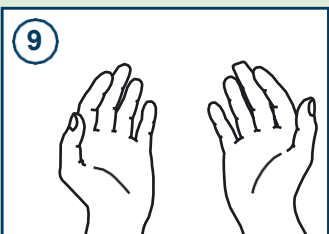
Rub each thumb inside the opposite palm



Using circular motions, rub the fingertips against the opposite palm



Remember the wrists



When dry, your hands are safe



20-30 sec



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