

# Hand Washing

<https://content.relias.com/resources/REL-ALL-0-HBB2/index.html>



# About This Course

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## COVID-19 CDC Hand Hygiene Recommendations

In light of the recent coronavirus (COVID-19) pandemic, the Centers for Disease Control and Prevention (CDC) is recommending the following hand hygiene measures be followed to prevent the spread of infection:

- Wash your hands with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

More information on how to prevent the spread of coronavirus can be found on the [CDC Coronavirus Disease website](#).

# Learning Objectives

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**Identify situations in which hand hygiene is necessary.**



**Demonstrate the correct procedure for hand washing and the use of an alcohol-based hand rub (ABHR).**

# When to Perform

When you arrive for work and when you leave for the day.



## When to Perform



Before touching your mouth, nose, or eyes.

## When to Perform

Before applying and after removing PPE.





# When to Perform



## When to Perform



After contact with intact skin.





# When to Perform

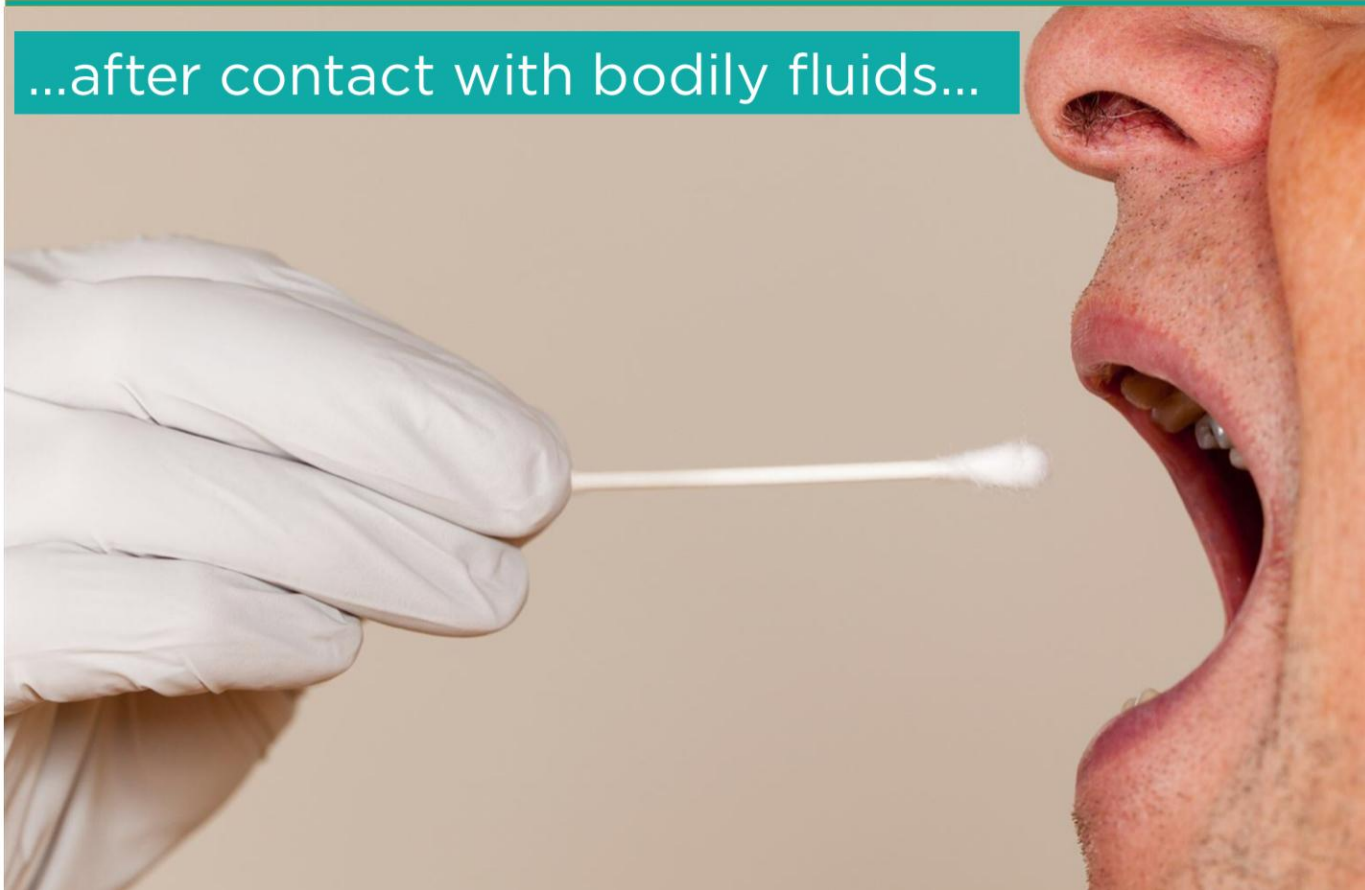
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After contact with  
medical equipment.



# When to Perform

...after contact with bodily fluids...



# When to Perform

...mucous membranes...



# When to Perform

...and non-intact skin.



## When to Perform

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...if your hands are visibly dirty...



## When to Perform

...you must always wash your hands with soap and water.





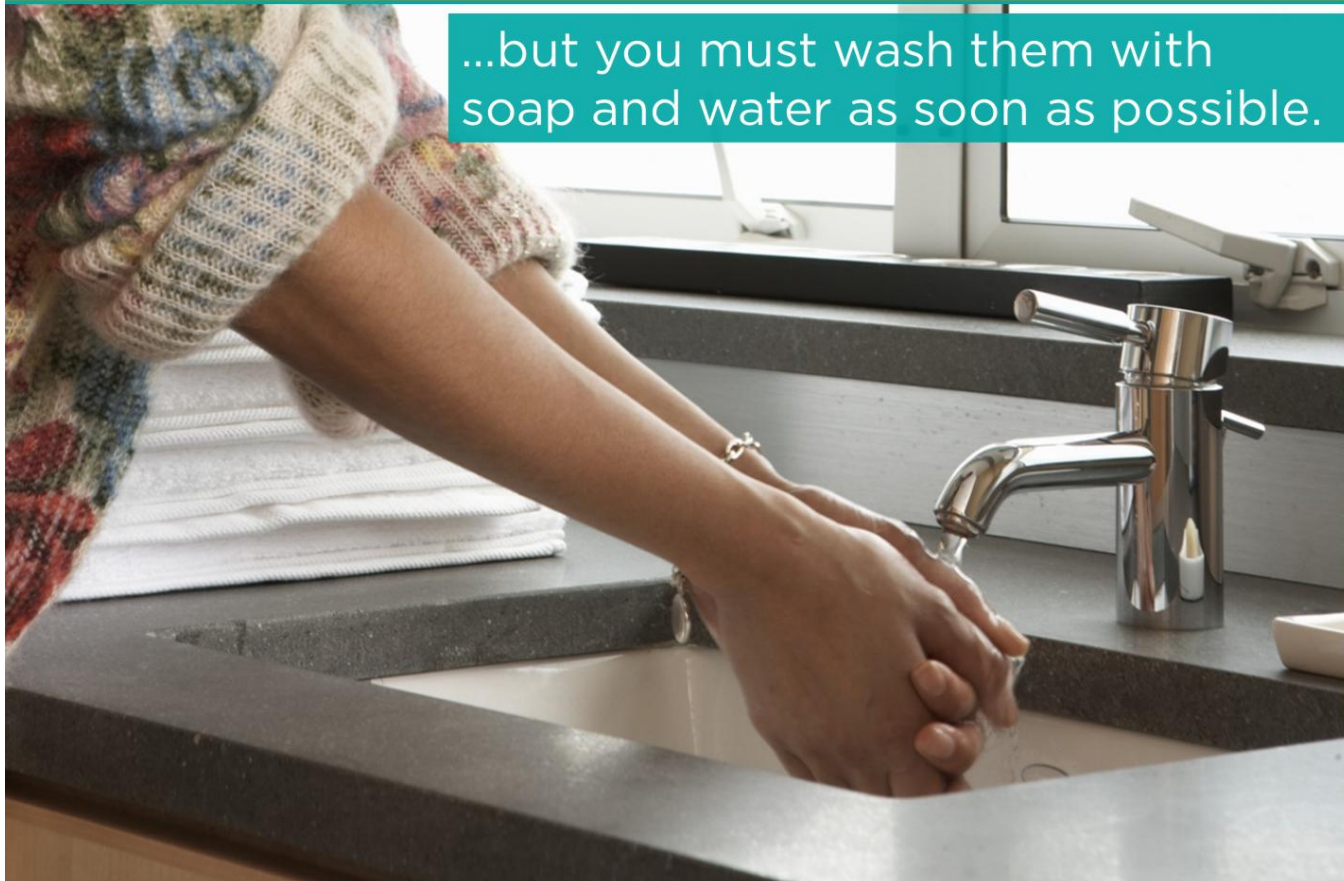
# When to Perform

...you may decontaminate your hands with an ABHR...



## When to Perform

...but you must wash them with soap and water as soon as possible.



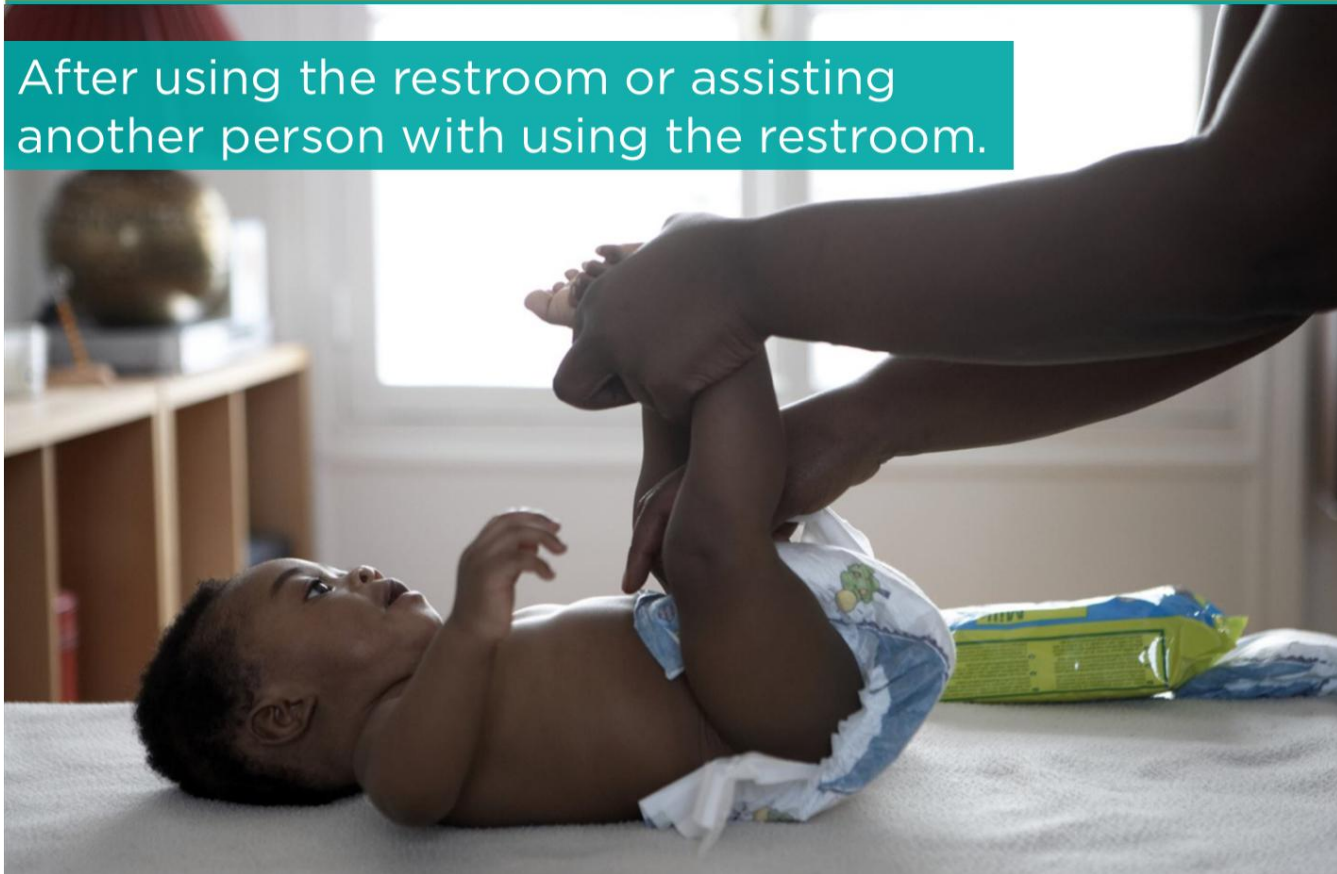
# When to Perform

...before eating, preparing, handling, or serving food.



## When to Perform

After using the restroom or assisting another person with using the restroom.





## When to Perform



After providing care to a person with infectious diarrhea.

# Hand Washing



...turn on the faucet and make sure the water temperature is warm.



# Hand Washing



# Hand Washing



Stand back from the sink.

# Hand Washing



Wet your hands thoroughly.

## Hand Washing



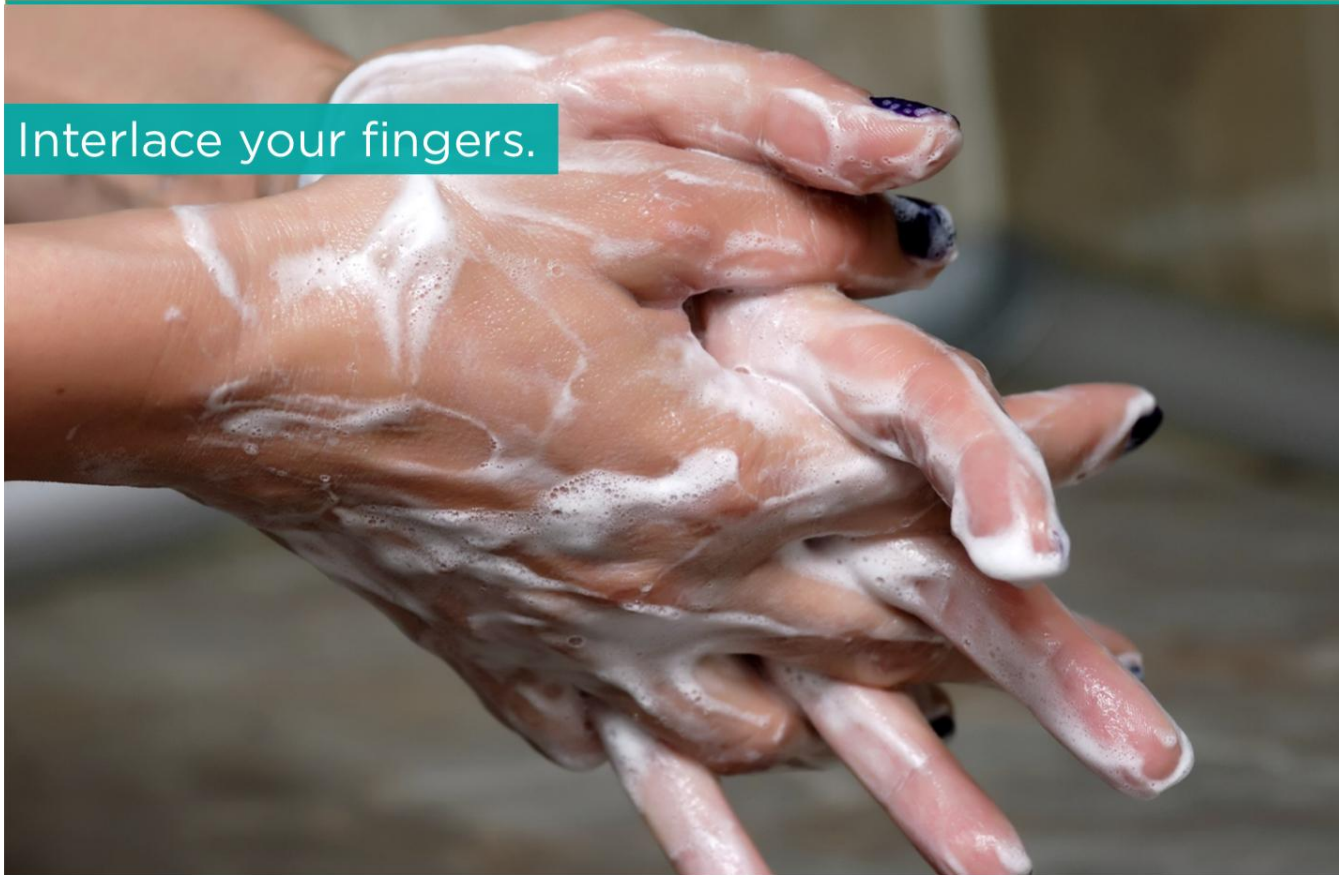
# Hand Washing





# Hand Washing

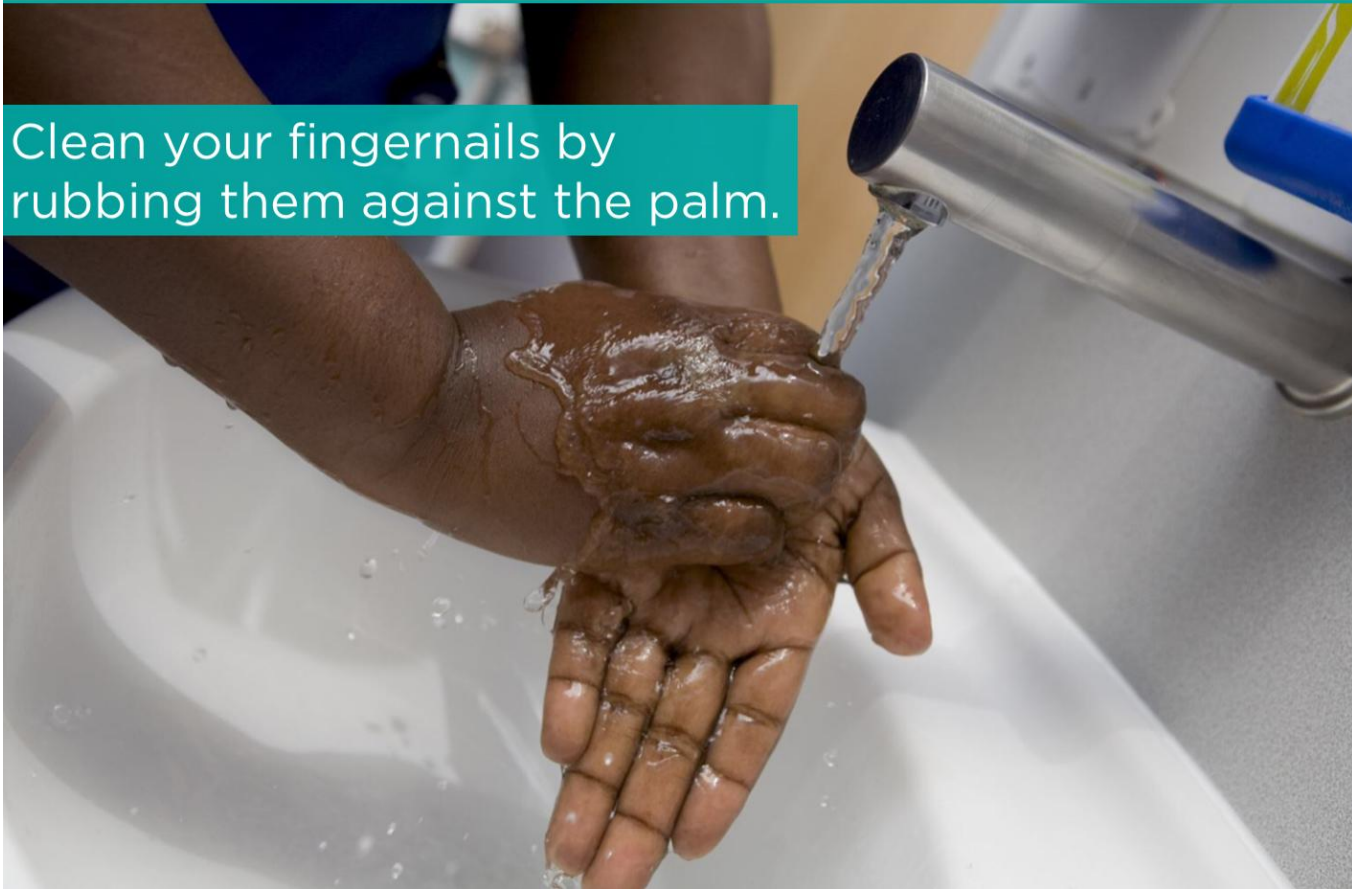
Interlace your fingers.





# Hand Washing

Clean your fingernails by rubbing them against the palm.



## Hand Washing

...continue to lather the soap over all surfaces of the hands and fingers for at least 15 seconds.



# Hand Washing



Rinse your hands well.

# Hand Washing

Dry your hands thoroughly.





# Hand Washing



...the entire hand washing process should take 40-60 seconds to complete.

Lather your hands for at least 15 seconds.

Yes



Use an ABHR prior to serving food.

No



Wash your hands when visibly soiled or contaminated.

Yes



Turn the faucet off after wetting your hands.

No



Turn the faucet off with a clean, dry disposable towel.

Yes



Stand against the rim of the sink to keep your clothing dry.

No

