



Hand Hygiene

Patient and visitor information



Hand washing

This leaflet explains how effective hand washing can help reduce the spread of infection.

Hands are used every day for many different tasks and as a result of contact with other people, equipment or surroundings, can be responsible for the spread of a wide variety of germs. Some of which can cause infection when not cleaned effectively.

They may look clean, but the germs that cause infection cannot be seen by the naked eye. If you looked at your hands through a microscope, you may be surprised.

Follow the steps below to ensure an effective hand wash.

Hand washing with soap and water is the most effective way to clean your hands if they are visibly dirty.



Best Practice: How to hand wash step by step images

Steps 3-8 should take at least 15 seconds.

<p>1 Wet hands with water.</p>	<p>2 Apply enough soap to cover all hand surfaces.</p>	<p>3 Rub hands palm to palm.</p>
<p>4 Right palm over the back of the other hand with interlaced fingers and vice versa.</p>	<p>5 Palm to palm with fingers interlaced.</p>	<p>6 Backs of fingers to opposing palms with fingers interlocked.</p>
<p>7 Rotational rubbing of left thumb clasped in right palm and vice versa.</p>	<p>8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.</p>	<p>9 Rinse hands with water.</p>
<p>10 Dry thoroughly with towel.</p>	<p>11 Use elbow to turn off tap.</p>	<p>12 Steps 3-8 should take at least 15 seconds. ... and your hands are safe*.</p>

Our staff should wash their hands regularly and you are welcome to ask if they have cleaned their hands before they examine you.

Hand sanitiser is a quick, convenient and effective alternative to hand washing, only when hands are not visibly dirty. This is useful when soap and water for hand washing is not readily available.

Please feel free to ask a member of staff where the nearest hand washing facilities or hand sanitiser dispensers are.

When dealing with diarrhoea and or vomiting illnesses, you should always wash your hands with soap and water. The use of hand sanitiser is **not** recommended.

Please ask a member of staff if you require more information about hand hygiene.

Follow the hand sanitiser technique on the next page to make sure you are doing this effectively.

We endeavour to do our best to protect you from infection but we need your help...

Remember to wash your hands at these key times:

- After going to the toilet
- Before touching food and eating
- If your hands look or feel dirty
- After coughing, sneezing or blowing your nose
- Before and after handling a medical device such as a urinary catheter
- Before and after visiting patients





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