

HAND CLEANING TECHNIQUES

**How to handrub?
WITH ALCOHOL HANDRUB**

1a Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces.

1b Rub hands palm to palm.

2 Rub hands palm to palm.

3 Rub back of each hand with the other.

4 Rub palm to palm with fingers interlaced.

5 Rub back of each hand with the other.

6 Rub each thumb clasped in opposite hand using rotational movement.

7 Rub top of fingers in opposite palm in a circular motion.

8 Rub each wrist with opposite hand.

**How to handwash?
WITH SOAP AND WATER**

9 Rinse hands with water.

10 Use elbow to turn off tap.

11 Dry thoroughly with a single-use towel.

12 Your hands are now safe.

Once dry, your hands are safe.

30-40 sec

cleanyourhands® campaign

Adapted from WHO World Alliance for Patient Safety, 2006.

Look After Your Health.

- If you think you have an infection Don't come to work.
- Ensure that your immunisations are up to date and you attend screening appointments when invited.
- Check with your GP or OH if you are travelling abroad, to ensure you have taken the correct precautions.

Reduce your risks of catching FLU

- Protect yourself Protect others;
- Have your free **FLU VACCINE** when it is offered. Flu can spread rapidly in office and hospital environments. The best protection is vaccination.

Useful Contacts and Further Information

All infection control policies are on the Trust intranet.

Infection Prevention and Control Team

- Carol Shannon Deputy Director Infection Control: 07940 237087
- **24 Hour Sharps line: 0845 371 0572**
- **Employee Health: 0845 658 5464**
- **Domestic Services and repairs** via helpdesk <http://sept.webmadesimple.co.uk>
- <http://sept.webmadesimple.co.uk>

Important Information for staff



**Protect yourself
Protect others**

Infection Prevention and Control is everybody's business

Standard Precautions used all of the time with all patients help to reduce the risks of transmission.

- Hand hygiene
- Protective clothing
- Keeping the environment clean and in a good state of repair.

Hand Hygiene

Use the alcohol gel on entering a ward or department:

- Carry gel on home visits
- Wear hand gel on your belt
- You can use the alcohol gel on visibly clean hands or soap and water on visibly dirty hands.
- Use soap and water following contact with anyone with Diarrhoea.
- If in doubt – soap and water.
- The **5 moments** for hand hygiene consists of:
 - Before patient contact
 - Before aseptic tasks
 - After exposure to body substances
 - After patient contact
 - After contact with patient surroundings

All this washing. I'm worried about my hands

- Regular moisturising will help to look after your skin.
- If you develop a skin condition go to Occupational Health.

What is the Trust doing to reduce risk of health care associated infections?

- Clinicians are trained to ensure they have the necessary skills competence to provide clean safe care.
- There is a Director of Infection Control and Prevention who reports to the chief Executive and a dedicated Infection Control service.
- Estates monitoring teams check the environment daily to ensure service users receive care in environments that are clean and fit for purpose.
- Rapid response domestic teams to cleaning issues in all areas.
- There is a restricted antibiotic prescribing policy
- New admissions are screened for infections as relevant.
- Isolation of patients with known or suspected infections that can be transmitted to patients or staff
- Environmental disinfection which is active against bacteria, viruses and spores

What if I get a needle stick injury or splash injury?

- Bleed it under running water/ wash with running water
- Report it to a person in charge/line manager
- Call the sharps line on **0845 371 0572**
- Complete an Incident Report.

What if I see a blood or body fluid spillage?

- These spillages require a chlorine disinfectant.
- If you see a spillage in a clinical area – report it to the person in charge.
- If you see it anywhere else report it to Domestic Services.

All teams should know where their nearest spillage kit is and where to find gloves and aprons

When do I need to wear protective clothing?

You will only need to wear personal protective clothing such as non latex gloves, aprons (mask) if you are in contact with any body fluids or blood.

What do I need to know about isolation precautions?

- Patients presenting with suspected infection should be risk assessed.
- If additional precautions are required the DSN or infection control nurse will advise on management.
- If unsure place patient in a side room until advice is taken
- A sign will be on the door to indicate infection risk. You must get advice from clinical staff in that area prior to entering or having patient contact.