

Subject: Hand Washing Infection Control	Date Approved: April 6, 2009
Approved by: Executive Director	Date Revised:
Specific to: All staff	Next Review Date: September 2018

**PURPOSE:**

NHFHT supports the fact that hand washing is the single most important procedure for infection control. It is important for all employees to follow the procedure.

**PROCEDURE:**

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand rub. Wash hands for at least 15 seconds or more. Pay attention to fingertips, between fingers, back of hands and base of the thumbs.

- Keep nails short
- Remove watches, rings and bracelets
- Do not use artificial nails
- Avoid chipped nail varnish
- Wash wrists and forearms if they are likely to have been contaminated
- Make sure that sleeves are rolled up and do not get wet during washing

**WHEN SHOULD HAND HYGIENCE BE PEROFRMED?**

- Before and after contact with a patient
- Before performing invasive procedures
- Before preparing, handling, serving or eating food
- After care involving the body fluid of a patient and before moving to another activity
- Before putting on and after taking off gloves
- After personal body functions
- After contact with items in the patient's environment