



HAND HYGIENE:

FOR CONSTRUCTION, RENOVATION AND MAINTENANCE ACTIVITIES

Last Reviewed August 2016

Why?

- Interior Health recognizes that hand hygiene is considered the most important and effective infection prevention and control measure to prevent the spread of Healthcare Associated Infections (HAIs).
- In Canada, 8,000 to 12,000 people die every year from HAIs. Global research indicates that hand hygiene improvements could potentially reduce HAI rates by 30 – 50%.
- 80% of common infections are spread by dirty hands. You can pick up and spread germs! Think about the things you have touched today....germs can stay alive on surfaces a long period of time.

When?

Before:

- Entering a facility, ward, patient room, or service room
- Glove use
- Eating

After:

- Exiting a facility, ward, patient room, or service room
- Glove use
- Contact with soiled equipment (toilet, hopper, Deko, Vernacare, etc.)
- Using the toilet
- Any time your hands are visibly dirty (dry wall dust, paint, grime, etc.)

How?

Alcohol Based Hand Rub (Quick and Easy)

- Press one full pump in the palm of your hand
- Rub hands together—don't forget the back of hands, between fingers, thumbs and wrist
- Rub until dry

Soap and Water (Visibly dirty hands)

- Wet hand with warm water
- Apply soap (1-2 squirts)
- Lather for 15 seconds—don't forget the back of hands, between fingers, thumbs and wrist
- Rinse well
- Pat hands dry with paper towel
- Turn tap off and open door with paper towel
- Use lotion to prevent dryness