

5 Moments for Hand Disinfection

After

Before

BEFORE
contact with
residents



BEFORE
an aseptic
task



AFTER
body fluid
exposure risk



AFTER
contact with
residents



AFTER
contact with the
resident's
surroundings

Good to know:

1. Different nursing activities require several hand disinfections.
2. Disinfecting the hands prior to aseptic tasks alone can reduce the five most common nosocomial infections significantly!



3. Gloves are a must, but are not a hundred per cent protection against infection: Always disinfect your hands after glove removal!
4. Hands need to be disinfected after touching a resident and before touching objects that are not in the resident's surroundings, e.g. ward trolleys!
5. Hands need to be disinfected even when objects in the resident's surroundings are touched only, e.g. when exchanging glasses and water bottles on the bedside table!

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