



Hand hygiene

Hand hygiene is about cleaning your hands. It is an important part of how you protect yourself from getting sick and it helps to keep you and the person you care for safe. We need to clean our hands when we go into an aged care home to prevent any germs from spreading.

There are 2 ways to clean your hands:

- sanitiser; and
- handwashing.

When do I clean my hands with sanitiser?

You need to clean your hands with sanitiser:

- when you enter or exit an aged care home
- before you enter a resident's room
- after you touch the front door buzzer, door handles or rails on stairs and any other commonly touched items
- after you leave a resident's room.



To view the video about how to clean your hands with sanitiser, scan the QR Code on the left or type the following link into your browser:

<https://www.agedcarequality.gov.au/resources/hand-hygiene-washing-hands-sanitiser-video-partners-care>

When should I wash my hands?

You need to wash your hands with soap and water:

- if you have touched something that looks unclean
- after you go to the toilet.



To view the video about how to wash your hands with soap and water, scan the QR Code on the left or type the following link into your browser:

<https://www.agedcarequality.gov.au/resources/hand-hygiene-washing-hands-soap-video-partners-care>



How do I clean my hands using sanitiser?



1. Apply sanitiser

- Pump sanitiser 1 or 2 times onto your hands.
- Make sure there is enough sanitiser to cover your hands.



2. Rub your hands together

- Bring the palms of your hands together.
- Rub in the sanitiser palm to palm.



3. Rub the back of your hands

- Put the palm of one hand on top of the back of your other hand.
- Lace your fingers together and rub up and down.
- Do this on the other side.



4. Interlace your fingers

- Put your hands palm to palm.
- Lace your fingers together and rub up and down.



5. Rub the back of your fingers

- Curl up your fingers of one hand and rub into your other palm using a circular motion.
- Do this on the other side.



6. Rub each thumb

- Rub your thumb with the palm of your other hand up and down.
- Do this on the other side.



7. Rub your palms with your fingertips

- Rub your fingertips of one hand into the palm of your other hand in a circular motion.
- Do this on the other side.



8. Rub sanitiser into your wrists on each hand

9. Wait for the sanitiser to air dry.

- Do not use a towel to dry your hands.



How do I clean my hands using soap and water?



1. Wet your hands

- Turn on the tap and wet your hands.
- Keep the tap running while you complete all of the steps but do not rinse your hands until the end.



2. Apply Soap

- Rub your palms together.
- Make sure you use enough soap.
- You should get a lather when you rub your hands together.



3. Rub the back of your hands

- Put the palm of one hand on top of the back of your other hand.
- Lace your fingers together and rub up and down.
- Do this on the other side.



4. Interlace your fingers

- Put your hands palm to palm.
- Lace your fingers together and rub up and down.



5. Rub the back of your fingers

- Curl up your fingers of one hand and rub into your other palm in a circular motion.
- Do this on the other side.



6. Rub each thumb

- Rub your thumb with the palm of your other hand up and down.
- Do this on the other side.



7. Rub your palms with your fingertips

- Rub your fingertips of one hand into the palm of your other hand in a circular motion.
- Do this on the other side.



8. Rinse your hands

- Put your hands under the water and get all the soap off.
- Use your elbow to turn the tap off, DO NOT USE YOUR HANDS.



9. Dry your hands

- Use a clean paper towel to dry your hands.
- Do not use cloth towels.

When you are finished cleaning your hands, do not touch the sink, tap or bin otherwise you will need to clean your hands again.