

SQ: Infection, Hand Hygiene



Welcome **SQ: Infection, Hand Hygiene**.

Select START MODULE to begin.

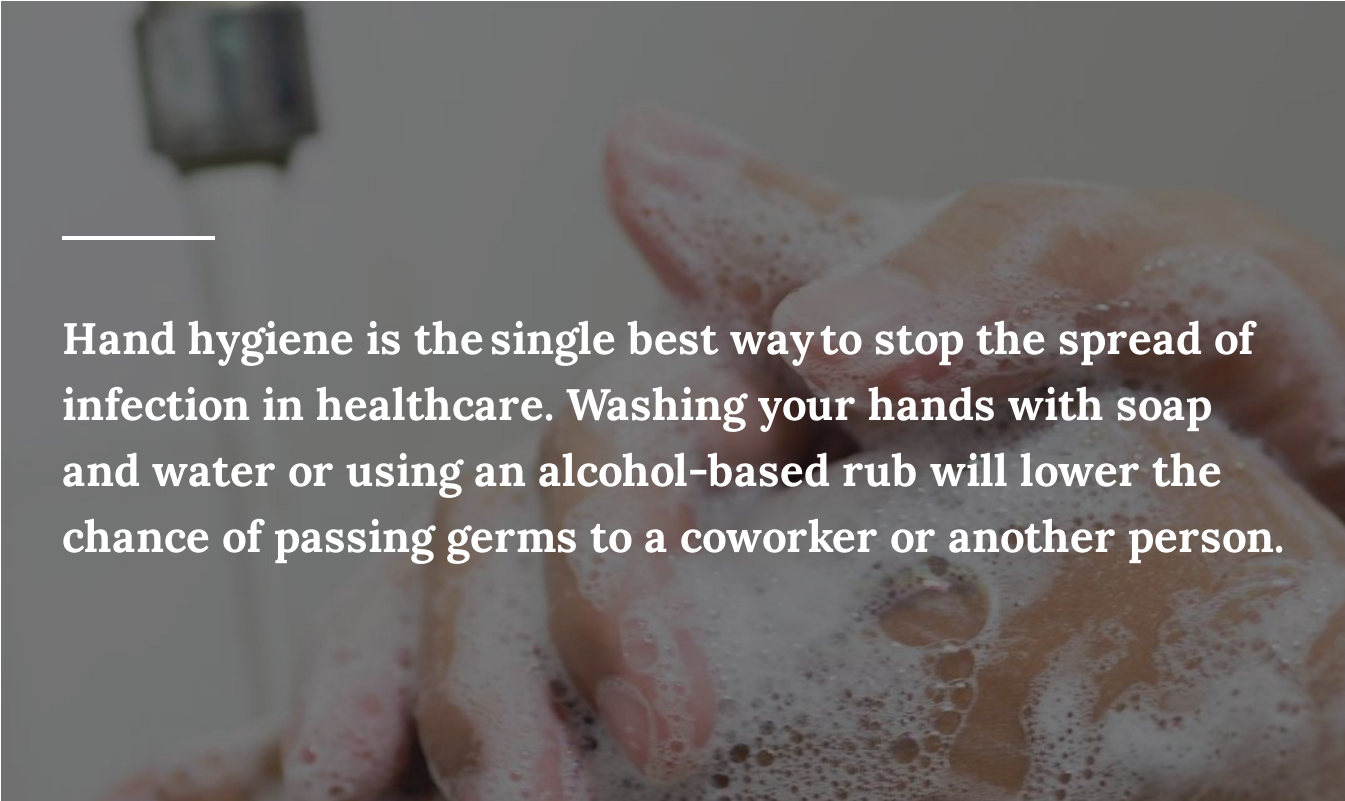
Be sure to click on all of the interactive elements in the module in order to advance.

Introduction

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Introduction



Hand hygiene is the single best way to stop the spread of infection in healthcare. Washing your hands with soap and water or using an alcohol-based rub will lower the chance of passing germs to a coworker or another person.

In this module, we will review the steps of both methods used for hand hygiene:

1

Soap and water

2

Alcohol-based hand rubs (ABHRs)

Please look at the important terms before you begin.

Select "+" to expand.

Glossary —

Antibacterial

Prevents bacteria from growing

Other potentially infectious materials (OPIM)

Human body fluids that can spread infection from one person to another through touching

Personal protective equipment (PPE)

Items that will protect you from bacteria, such as gloves, masks, gown, goggles, face shields, and shoe covers

Let's get started!

CONTINUE

Hand Hygiene

Let's take a closer look at one of the most effective ways to **stop the spread** of infection.



Use hand hygiene:

- When hands are dirty.
- After taking off gloves or other **personal protective equipment (PPE)**.
- After any skin has touched blood or other **potentially infectious materials (OPIM)**.
 - Rinse mucous membranes (eyes, nose, and mouth) with water as soon as possible.



All handwashing areas should have:

- Antibacterial hand soap.
- Clean cloth/paper towels that can be thrown away.



Alcohol-based hand rub (ABHR) is preferred if your hands are not clearly dirty. When they are dirty, use soap and water. In either case, focus on good technique.

To use ABHR:

- 1 Put on enough ABHR to cover your palm and clean all areas of your hands firmly.
- 2 Rub your hands together until dry.
- 3 Be sure to keep your hands clean after you use ABHR.

CONTINUE

Module Conclusion

Hand hygiene is the **easiest action** you can take to stop infections.

Using soap and water or an alcohol-based hand rub will be effective if you do it the **correct way** at the **right times**. Clean hands can stop the spread of germs from your work to your home.

This module reviewed the steps of both methods used for hand hygiene:

- 1 **Soap and water**
- 2 **Alcohol-based hand rubs (ABHRs)**

References

Centers for Disease Control and Prevention. (2016, January 26). *Standard Precautions for All Patient Care*. Retrieved September 8, 2021, from <https://www.cdc.gov/infectioncontrol/basics/standard-precautions.html>

Occupational Safety and Health Administration. (2019, May 14). *1910.1030 - Bloodborne Pathogens*. Retrieved September 8, 2021, from <https://www.osha.gov/laws-regs/regulations/standardnumber/1910/1910.1030>

You have reached the end of this module. To exit and return to the Activity Details, select **EXIT**.