

Know the 5 Moments for Hand Hygiene

in aged care

HAND HYGIENE IS FOR EVERYBODY including older people, nurses, doctors, allied health, support workers, domestic staff, contractors, administration staff, families and volunteers.

You must **ALWAYS** use alcohol-based hand rub when performing hand hygiene **UNLESS** hands are visibly soiled or after contact with bodily fluids, then use soap and water.



1 BEFORE touching a person
to protect older people from germs.



2 BEFORE any procedure
to protect older people from germs.



3 IMMEDIATELY AFTER a procedure, or bodily fluid exposure
to protect older people, yourself, other staff, and visitors from germs.



4 AFTER touching a person
to protect older people, yourself, other staff, and visitors from germs.



5 AFTER touching a person's surroundings
to protect older people and their home environment from germs.



A procedure or bodily fluid exposure can include wound care, dressing trolley set-up, contact with a catheter or drain, cleaning dentures or checking blood glucose levels.

When should you wear gloves?

Gloves on?

Gloves should always be worn when in contact with blood or body fluid, non-intact skin, mucous membranes or chemical hazards. Ensure your hands are thoroughly dry before putting on the gloves to reduce the risk of dermatitis.

Gloves do not replace the need to perform hand hygiene.

Gloves off?

Both gloves should be removed and changed as soon as they are damaged, when no longer in contact with blood/body fluids/chemicals, and between care activities.

For more information, visit the Australian Commission on Safety and Quality in Health Care **National Hand Hygiene Initiative**.

This poster is based on the World Health Organization 'My 5 Moments for Hand Hygiene' approach.

AUSTRALIAN COMMISSION
ON SAFETY AND QUALITY IN HEALTH CARE



SCAN HERE for
more information

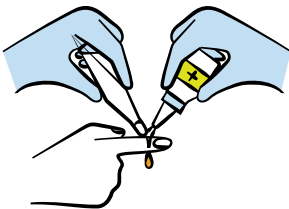
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1

BEFORE touching a person



2

BEFORE any procedure



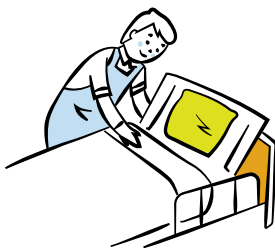
3

IMMEDIATELY AFTER a procedure,
or bodily fluid exposure



4

AFTER touching a person



5

AFTER touching a
person's surroundings

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