

# 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



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