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.





BEFORE touching a person

to protect older people from germs.





BEFORE any procedure

to protect older people from germs.

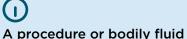




IMMEDIATELY AFTER a procedure, or bodily fluid exposure

to protect older people, yourself, other staff, and visitors from germs.





exposure can include wound

care, dressing trolley set-

up, contact with a catheter

or drain, cleaning dentures

or checking blood glucose levels.



AFTER touching a person

to protect older people, yourself, other staff, and visitors from germs.





AFTER touching a person's surroundings

to protect older people and their home environment from germs.

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

