

## 6 STAGE

### hand washing technique\* (to be used also when applying alcohol gel)



1. palm to palm

backs of hands

2.



3. spaces between fingers

fingertips

4.



5. thumbs and wrists

nails

6.



\*With thanks to the Nursing Standard magazine.

### For further information



MRSA (Methicillin Resistant Staphylococcus Aureus) is often mentioned as a 'hospital acquired infection'. If you would like to know more about MRSA or have concerns, there are information leaflets available from the wards.



If you would like more information about infection control in the hospital or have concerns, please talk to a member of ward staff, the Ward Manager or Modern Matron, who are supported by a central team of specially trained staff.



If you notice that stocks of soap, paper towels or alcohol hand gel are low, please tell a member of staff immediately. Alternatively, call the ISS Helpline on **020 8237 2424**. ISS is the organisation responsible for the Trust's cleaning.

### Chelsea and Westminster Hospital NHS Foundation Trust

369 Fulham Road, London SW10 9NH

#### Victoria Clinic

82 Vincent Square, London SW1P 2PF

#### West London Centre for Sexual Health

Charing Cross Hospital  
Fulham Palace Road, London W6 8RF

Main Switchboard: 020 8746 8000

Website: [www.chelwest.nhs.uk](http://www.chelwest.nhs.uk)

Chelsea and Westminster Hospital **NHS**  
NHS Foundation Trust

# Caring hands are clean ARE YOURS?








Tips on good hand hygiene  
for patients, visitors and staff.

Research shows that currently one in 10 patients\* picks up an infection during their hospital stay. One of the reasons for this is **poor hand hygiene**.

Everyone can play a part in stopping the spread of infection with one simple action. Keeping your hands clean.

## Staff



Always decontaminate your hands:

-  Between every patient contact
-  Before contact with intravenous lines, catheters, wounds and drains
-  Before handling food or medication
-  After helping patients use toilet or bathroom facilities
-  After using gloves.



\*Emmerson AM et al. 1996 (JHI, 32:175-190)

## How to help

### Patients please

-  Always clean your hands after using bathroom or toilet facilities and before eating. If you are not near a wash basin, please ask staff for help
-  Ask your visitors to wash their hands.

### Visitors

-  Protect your relative or friend by washing your hands when you come into the ward
-  Always wash your hands after using bathroom or toilet facilities and before touching food.

## The best way to keep hands clean

There are a number of ways to keep our hands clean and free from bacteria and viruses.

### Washing with soap and warm running water

Remove jewellery. Wet hands and apply soap from the dispenser. Rub vigorously all parts of the hand and wrist (see step by step pictures overleaf). Rinse and dry well.

### Using alcohol gel

Alcohol is very effective at killing most bugs. Clean looking hands may still carry a lot of bacteria and viruses. We recommend that you use the alcohol gel when entering and exiting the wards and after contact with patients. Remember to remove jewellery and rub in the alcohol gel until dry.



Concerned a member of staff has not cleaned their hands?  
**It is ok to remind them.**