

HAND WASHING STEPS



Palm to Palm



Between fingers



Back of hands



Base of thumbs



Back of fingers



Fingernails



Wrists



Rinse and wipe dry

Ideal Saptapadi

7 steps for hand hygiene

Ideal Health Plan™
<https://idealhealthplan.in>

PhysicianHub™
<http://iphysicianhub.in>



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AFTER SNEEZING/COUGHING



1

AFTER USING THE TOILET



3

AFTER TOUCHING WOUNDS



7

AFTER PLAYING



4

AFTER TOUCHING PETS



6

5

BEFORE AND AFTER EATING

Consequences of poor hand hygiene

Campylobacter	Leads to gastro-enteritis
Salmonella	Leads to diarrhea, stomach ache
MRSA	May lead to blood poisoning
Flu	Causes fever, chills and body pains
Impetigo	Leads to skin infections



Global Handwashing Day

OCTOBER 15, 2015

Step-1



Rub palms together

Step-2



Rub the back
of both hands

Step-3



Interlace fingers
and rub the
hands together.

Step-4



Interlock fingers and
rub the back of fingers
of both hands

Step-5



Rub thumb in a rotating manner
followed by the area between
index finger & thumb.

Step-6



Rub fingertips
on palm for both hands

Step-7

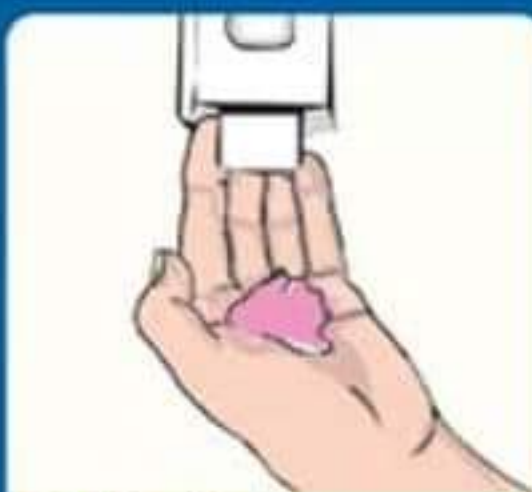


Rub both wrists in
a rotating manner
rinse and dry thoroughly.

How to wash your hands properly



1 Wet your hands



2 Liquid soap



3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Dry your hands



6 Turn off tap

DON'T FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands



Wet hands with
warm running water



Apply a small
amount of soap



Rub palms together
(away from the water)



Rub fingers and thumbs,
and the bits in between



Rub nails on palms



Rub the back
of each hand



Rinse with clean
running water



Dry with a clean towel



sdmh
the hospital that cares

7 steps for HAND HYGIENE

Duration of entire procedure: 60 secs.

STEP 1



Rub palms together

STEP 2



Rub the back of both hands

STEP 3



Interlace fingers and rub hands together.

STEP 4



Interlock fingers and rub the back of fingers of both hands

STEP 5



Rub thumb in a rotating manner followed by the area between index finger and thumb for both hands.

STEP 6



Rub fingertips on palm for both hands.

STEP 7



Rub both wrists in a rotating manner. Rinse and dry thoroughly.

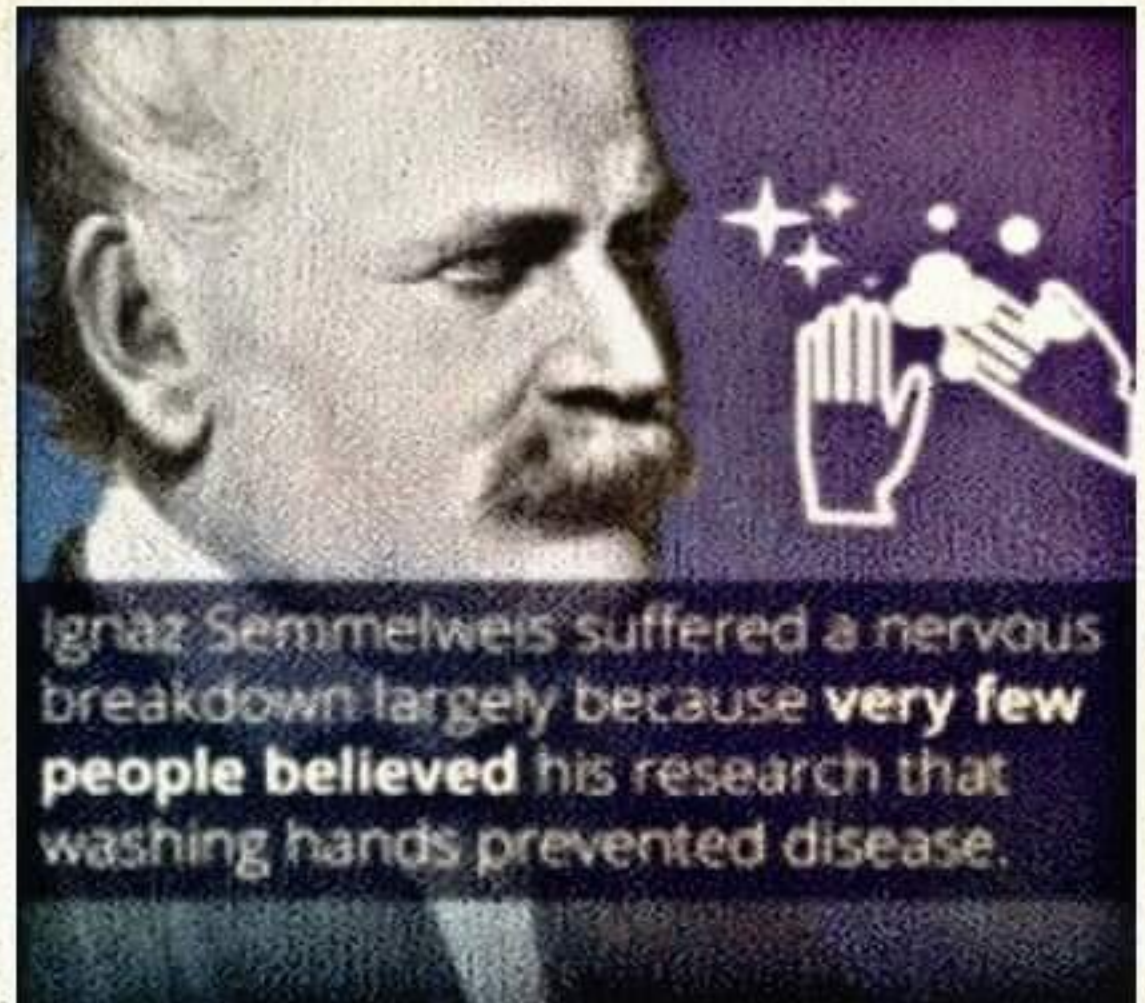


DEFINITIONS

- Hand hygiene
 - Performing handwashing, antiseptic handwash, alcohol-based handrub, surgical hand hygiene/antisepsis
- Handwashing
 - Washing hands with plain soap and water
- Antiseptic handwash
 - Washing hands with water and soap or other detergents containing an antiseptic agent
- Alcohol-based handrub
 - Rubbing hands with an alcohol-containing preparation
- Surgical hand hygiene/antisepsis
 - Handwashing or using an alcohol-based handrub before operations by surgical personnel

WHAT WE MEAN BY HAND WASHING

- Hand washing or hand hygiene is the act of cleaning one's hands with or without the use of water or another liquid, or with the use of soap for the purpose of removing soil, dirt, and/or microorganisms. The spelling "handwashing" in one word is also common



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MEDICAL USE

- **Medical hand-washing became mandatory long after Hungarian physician Ignaz Semmelweis discovered its effectiveness (in 1846) in preventing disease in a hospital environment. There are nowadays electronic devices in some hospitals that provide feedback to remind hospital staff to wash their hands when they forget.**



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HANDWASHING IS LIKE A "DO-IT-YOURSELF" VACCINE

- **it involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry) you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others. It's quick, it's simple, and it can keep us all from getting sick. Handwashing is a win for everyone, except the germs.**



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CLEAN HAND SAVE MANY

- **Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water**



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ALCOHOL TOO CREATE SAFE HANDS

If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.



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WHEN SHOULD YOU WASH YOUR HANDS?

- Before, during, and after preparing food
- Before eating food



WHEN WE WASH



After blowing your nose, coughing, or sneezing

- Before and after caring for someone who is sick

- After touching an animal, animal feed, or animal waste

- After handling pet food or pet treats

- Before and after treating a cut or wound

- After touching garbage



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cont....

- After using the toilet
- After changing
diapers or cleaning
up a child who has
used the toilet



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CDC CONTINUES TO PROMOTES HAND WASHING BASIC TOOL TO SAVE MANY

- **Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. CDC recommends cleaning hands in a specific way to avoid getting sick and spreading germs to others. The guidance for effective handwashing and use of hand sanitizer was developed based on data from a number of studies**

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HOW SHOULD YOU WASH YOUR HANDS?

- **Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.**
- **Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.**



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- **Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.**
- **Rinse your hands well under clean, running water.**

cont . . .

- **Dry your hands using a clean towel or air dry them.**

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WHAT SHOULD YOU DO IF YOU DON'T HAVE SOAP AND CLEAN, RUNNING WATER

- Washing hands with soap and water is the best way to reduce the number of germs on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands in some situations, but sanitizers do not eliminate all types of germs and might not remove harmful chemicals

SANITIZERS ARE INEFFECTIVE

- Hand sanitizers are not as effective when hands are visibly dirty or greasy.



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HOW DO YOU USE HAND SANITIZERS?

- **Apply the product to the palm of one hand (read the label to learn the correct amount).**
- **Rub your hands together.**
- **Rub the product over all surfaces of your hands and fingers until your hands are dry.**



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