

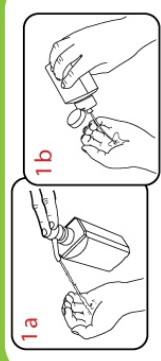
# Simply Teeth Hand Hygiene Policy

# Hand hygiene - practice policy

1. Nails must be short and clean and free of nail varnish and false nails.
2. Separate clinical wash-hand basins for handwashing are provided in each surgery and decontamination room.
3. Basins do not have plugs or overflows and are fitted with remote running traps (ie the U-bend is not directly under the plug hole). The basins are fitted with either sensor-operated or lever-operated mixer taps, which do not discharge directly into the drain opening (to avoid generating an aerosol).
4. Wall mounted liquid handwash dispensers with disposable soap cartridges are located near to the sinks. The nozzles should be kept clean. Refillable handwash containers are not used at the practice as bacteria can multiply within the container and act as a potential source of contamination. Bar soap should not be used.
5. Posters depicting appropriate handwashing techniques are displayed above or near the clinical wash-hand basins in the practice. An example is attached to this policy.
6. Dry hands carefully, using the disposable towels provided, to avoid damaging the skin. Dispose of towels in the foot-operated or sensor-operated waste bin.
7. At the end of a session, use the handcream provided to counteract dryness. Handcream should not be used under gloves as it encourages the growth of microorganisms.
8. Alcohol-based skin-disinfectant hand-rubs/gels can be used on visibly clean hands in conjunction with a good hand-rub technique. A poster depicting an appropriate hand rub technique is displayed in each surgery and decontamination room.
9. Follow the manufacturer's instructions for the maximum number of applications for hand-rubs/gels before hand-washing is required. Repeated applications leads to a build up of the product on the hands; if hands become sticky, wash as normal using a proper hand-hygiene technique.
10. Alcohol-impregnated wipes used for cleaning surfaces should not be used in place of hand-rubs/gels; they are not effective in hand decontamination.

# HAND CLEANING TECHNIQUES

## How to handrub?



Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces

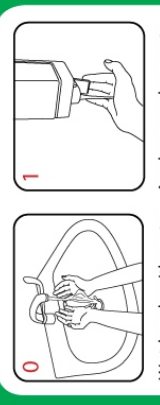
- 2 Rub hands palm to palm
- 3 Rub back of each hand with the palm of other hand with fingers interlaced
- 4 Rub palm to palm with fingers interlaced
- 5 Rub with backs of fingers to opposing palms with fingers interlocked
- 6 Rub each thumb clasped in opposite hand using rotational movement
- 7 Rub tips of fingers in opposite palm in a circular motion
- 8 Rub each wrist with opposite hand

20-30 sec



Once dry, your hands are safe

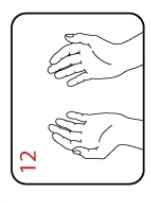
## How to handwash? WITH SOAP AND WATER



Wet hands with water Apply enough soap to cover all hand surfaces

- 9 Rinse hands with water
- 10 Use elbow to turn off tap
- 11 Dry thoroughly with a single-use towel

40-60 sec



Your hands are now safe