

Hand Washing



Hand Hygiene Skill

To be certified as a Home Care Aide, you must demonstrate that you know how to wash your hands the correct way.

See Hand Washing in **the Skills Checklists on page 420** for a detailed list of steps.

Hand Hygiene

- Hand hygiene means cleaning your hands by handwashing with soap and water or using alcohol based hand rub.
- Your hands can pick up germs from every person, surface, and object you touch. Germs are too small to see. Even if your hands look clean, they can spread infections.
- Without proper hand hygiene, your hands quickly spread germs

Skill: Hand Washing

<https://www.youtube.com/watch?v=7ASkMiWBau8>

- For you to successfully demonstrate this skill, you need to follow the following steps.

- Make sure supplies are within easy reach so no contaminated surface is touched throughout task
- Turn on warm water at sink
- **Wet hands and wrists thoroughly**

- Apply soap to hands
- Lather all surfaces of fingers and hands, including above the wrists, producing friction for at least 20 seconds, keeping fingers pointed down

- Thoroughly rinse all surfaces of hands and wrists without contaminating hands (keeping fingers pointed down)
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- Use clean paper towel(s) to dry all surfaces of fingers, hands, and wrists starting at fingertips

- Use clean, dry paper towel or clean, dry area of paper towel to turn off faucet without contaminating hands
- Dispose of used paper towels in wastebasket immediately after shutting off faucet

- End procedure with clean hands avoiding contamination (e.g., direct contact with faucet controls, paper towel dispenser, sink, or trash can)

Alcohol-Based Hand Rub (ABHR)

<https://www.youtube.com/watch?v=sDUJ4CAYhpA>

- Using Alcohol-based hand rub (ABHR) is another way to kill germs on your hands. However, if your hands are visibly dirty, soap and water are still the best choice.
- To use ABHR effectively:
 - • use a product with 60-95% ethanol or isopropyl alcohol;
 - • apply a palm full of the product in a cupped hand, enough to cover all surfaces;
 - • rub hands together, covering all surfaces including palms, backs of each hand, and between fingers;
 - • rub until dry - this should take around 20 seconds.