

Supplies Antimicrobial Soap or Alcohol based hand rub.

**Procedure for
Washing Hands
with Soap and
Water**

Follow the procedure outlined below when washing hands with soap and water:

Step	Action/Rationale
1.	If gloves are worn, remove and discard in appropriate waste container. Exposes the skin for washing.
2.	Turn on warm running water. Note: Do not use basins or sinks filled with water. Repeated exposure to hot water may increase the risk of dermatitis. Containers filled with standing water quickly become contaminated. Hands may be splashed from contents and may become contaminated.
3.	Wet hands with running water. Water is needed to lather soap.
4.	Apply soap to hands using amount recommended by the product manufacturer (frequently 3 to 5 ml). Soap will aid in breaking up and lifting contaminants away from the skin.
5.	Rub hands together vigorously. Cover all surfaces of the hands and fingers. Friction helps to remove skin surface contaminants.
6.	Rinse hands with running water and dry thoroughly with a disposable towel. Washes contaminants off skin.
7.	Turn off water faucet using a hands-free control or by touching the sink wrist blades with a clean single use paper towel. Avoiding direct contact with contaminated sink handle prevents contamination of washed hands. Note: Duration of the entire procedure: 40-60 seconds

Procedure for Decontaminating Hands with Alcohol Based Hand rubs Follow the procedure outlined below when decontaminating hands with alcohol-based hand rubs:

Step	Action
1.	If gloves are worn, remove and discard in appropriate waste container. Exposes the skin for decontamination.
2.	Apply alcohol-based hand rub to the palm of one hand using the amount recommended by the product manufacturer. Adequate amount of product must be used for maximum effectiveness.
3.	Rub hands together covering all surfaces of the hands and fingers, until hands are dry. Allowing alcohol to dry completely allows adequate contact time to kill germs, allows alcohol to evaporate, and prevents risk of igniting flames due to alcohol's flammable properties.
4.	If after cleaning your hands with alcohol-based hand rub, you feel a buildup of emollients on your hands, it is recommended that you wash your hands with antimicrobial soap and water.
5.	Store and use alcohol-based products away from high temperatures and flames in storage containers in accordance with the National Fire Protection Agency recommendations. Alcohol based products are flammable.
Note: Duration of the entire procedure: 20-30 seconds	

References

Centers for Disease Control and Prevention, 2002. Guideline for Hand Hygiene in Health Care Settings, MMWR, October 25, 2002/50. (RR-16) 1-45

American Society for Healthcare Engineering of the American Hospital Association-Alcohol-based Hand Rub Solution Fire Modeling Analysis Report, August 22, 2003.

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