

Standard Precautions + Hand Hygiene

Prevent the spread of germs and limit contamination of environmental surfaces and equipment.

IMPORTANT DAILY PRACTICES FOR BASIC INFECTION PREVENTION AND CONTROL.

Hand hygiene - done correctly and at the right time.



Personal protective equipment (PPE) - used correctly



Cover your cough or sneeze

Routine cleaning of the environment

Safe handling and disposal of waste and used linen

HAND HYGIENE QUIZ

- 1 **Everyone should perform hand hygiene whether they work in a clinical or non-clinical space within healthcare?** TRUE or FALSE
- 2 **Hand hygiene is the single most important practice in preventing healthcare associated infections (HAI's).** TRUE or FALSE
- 3 **If hands are visibly dirty or soiled - hand hygiene should be performed using**
 - a. alcohol-based hand rub (ABHR) or hand sanitiser
 - b. soap/cleanser and water
- 4 **Important steps to follow when using an ABHR - alcohol-based hand rub**
 - a. use enough product
 - b. rub all over hands -including fingertips, inbetween fingers, thumbs and wrists for 20-30 sec
 - c. allow to air dry
 - d. all of the above
- 5 **Wearing gloves replaces the need for hand hygiene.** TRUE or FALSE
- 6 **Hand hygiene should be performed immediately BEFORE putting on gloves and AFTER removing gloves.** TRUE or FALSE
- 7 **When performing my duties where there is a risk or potential risk of exposure to blood or other bodily fluids e.g. handling of used and soiled linen, it is appropriate to use PPE to protect myself.** TRUE or FALSE
- 8 **Gloves must be changed between patients.** TRUE or FALSE
- 9 **Patients should be involved in hand hygiene and be offered the opportunity to clean their hands when appropriate.** TRUE or FALSE