



Ballarat Health Services
Putting your health first

Hand Hygiene

Even if your role is not clinical, it is important that you complete hand hygiene, particularly for all patient/resident contact. Hand hygiene practices are demonstrated to reduce the incidence of health care acquired infections.

Alcohol hand rub is provided at the end of each bed and in locations around the hospital for ease of use.

To use the alcohol hand rub correctly, take the following steps:

- **squirt** once onto the palm of your hand
- **rub** your hands together, and
- **roll** over all hand surfaces until dry

You must perform hand hygiene:

- when moving into and out of the patient zone
- before and after direct patient contact
- after contact with inanimate objects in the immediate vicinity of a patient, and
- before handling medications or preparing food

Your health is important to others. Avoid infecting (contaminating) others by:

- using alcohol hand rubs regularly
- maintaining good personal hygiene
- seeking prompt diagnosis and treatment of personal illness
- stay away from work, for example, 48 hours after gastro symptoms cease, and
- use respiratory precautions if you have a cold, for example covering your mouth and nose when coughing or sneezing, performing hand hygiene and disposing of used tissues immediately into the bin.

I have read and understand the hand hygiene guidelines.

Signature of student.....

Date.....

Signature of Parent/ Guardian.....

Date.....