



Belvedere Heights  
Community Support Services Residences Long Term Care

## Hand Hygiene

***It is necessary for hand hygiene to be performed upon entering the facility, upon leaving the facility, upon entering resident room and upon leaving the resident room. Alcohol Based Hand Rub is the preferred method for hand hygiene when hands are not visibly soiled.***

### Steps for Completing Hand Hygiene

Hands should be cleaned immediately before direct patient contact and immediately after. This can be done with soap and water or alcohol gel using the following technique.



**1**  
Palm to Palm



**2**  
Right palm over back of left hand.  
Left palm over back of right hand



**3**  
Palm to palm fingers  
interlaced



**4**  
Backs of fingers to opposing palms  
with fingers interlaced.



**5**  
Rotational rubbing of right thumb  
clasped over left palm and left palm  
over right palm



**6**  
Rotational rubbing backwards and  
forwards with clasped fingers of right  
hand in palm of left and vice versa

Washing should take 15 -30 seconds. Rinse and dry hands thoroughly.  
When applying gel, continue technique until hands are dry.