

# 5 Moments for Hand Hygiene

## Before

**BEFORE**  
patient  
contact



**BEFORE**  
aseptic task  
on the patient



### Good to know:

1. Different nursing activities require several hand disinfections.
2. Disinfecting the hands prior to aseptic tasks is particularly important to prevent healthcare associated infections.

## After



**AFTER**  
body fluid  
exposure risk



**AFTER**  
patient contact



**AFTER**  
contact with  
patient  
surroundings

3. Gloves are a must when handling potentially infectious material, but are not a hundred per cent protection against infection: Always disinfect your hands after glove removal!
4. Hands need to be disinfected after touching a patient and before touching objects that are not in the patient's surroundings, e.g. ward trolleys!
5. Hands need to be disinfected even when objects in the patient's surroundings are touched only, e.g. when exchanging glasses and water bottles on the bedside table!



Research for  
infection protection  
hartmann-science-center.com

Reference:

WHO (2009) WHO Guidelines on Hand Hygiene in Health Care.