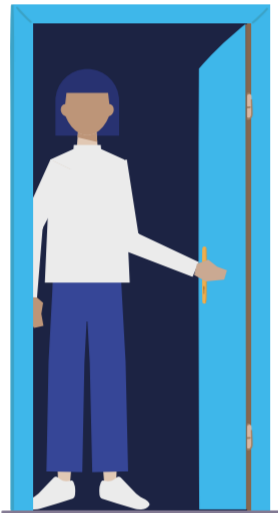




How to keep your hands healthy

From the start of work to the end of the shift and thereafter

Before work starts



Wash hands

- To remove any possible spores (e.g. from indoor plants), because alcohol-based hand rubs (ABHRs) are ineffective on spores

Disinfect hands

- Before putting on work clothes



On duty

Wash hands

- In the event of visible contamination
- After hand disinfection in the event of contamination with alcohol-resistant pathogens such as *Clostridiodes difficile*

Disinfect hands

According to the five indication groups ('five moments') of the World Health Organisation (WHO)

- BEFORE touching a patient
- BEFORE clean/aseptic procedure
- AFTER body fluid exposure
- AFTER touching a patient
- AFTER touching patient surroundings

Use fast-absorbing skin care products

- After EVERY hand washing and disinfecting
- In between

Use intensive skin care products

- During breaks



End of shift

Disinfect hands

- Before leaving the facility

Use intensive skin care products

- Before leaving the facility