



Hand in hand for more patient safety

Dear healthcare workers,
actively involve your patients and their
visitors in infection protection and inform
them about how they can help prevent
infections through targeted
hand disinfection.



5
BEFORE eating, drinking or
taking medication



1
WHEN entering or
leaving the patient's
room

The 5 moments for patients & visitors

explain when hand disinfection
is also necessary for you



2
AFTER using the toilet
or bedpan



4
AFTER contact
with frequently
touched surfaces
in the hospital
(e.g. doorknobs,
handrails)



3
BEFORE and AFTER
contact with own wounds,
mucous membranes or
venous access

Dear healthcare workers,
your patients and their visitors should
also help themselves generously:
When disinfecting hands,
disinfectants should not be used
sparingly.



Hygienic hand disinfection – this is how to do it:



Apply sufficient amount of hand disinfectant to the cupped
hand so that **all areas of the hands can be wetted thoroughly
and completely.**



Carefully rub in hand disinfectant for **30 seconds** – cover
all areas of skin.

Particular attention has to be paid to fingertips and thumbs.



Research for
infection protection
hartmann-science-center.com