



# QuickTip

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Q-Tip # 13

## HAND HYGIENE

- Hand Hygiene is one of the most effective ways to prevent healthcare associated infections.
- There are 4 moments of Hand Hygiene:
  - ✓ Before patient/environment contact
  - ✓ Before any aseptic procedure
  - ✓ After body fluid exposure risk
  - ✓ After patient/environment contact
- When hands are visibly soiled, wash them with soap and water. Wash hands with alcohol-based hand rub when they are not visibly soiled.
- WCH measures compliance with Hand Hygiene practices through direct observations by auditors.
- Hand hygiene education is provided to staff through corporate orientation, departmental in-services and direct feedback and e-learning.
- For more information, visit [mywch.ca](http://mywch.ca)

*Clean hands protect lives!*



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