HANDWASHING

HANDS should always be washed before and after contact with clients. Hands should be washed even when gloves have been used. If hands come in contact with blood or body fluids, they should be immediately washed with soap and water. Hands should also be washed after sneezing, coughing, or wiping a nose.

Follow the basic handwashing technique:

- Remove all rings and put them in a safe place while washing hands;
- Using a liquid antibacterial soap, lather your hands. Scrub the palms, backs of the hands, wrists and forearms under running water, using vigorous mechanical action. Also clean under the fingernails and between the fingers;
- Thoroughly rinse the hands under running water;
- Use a duration of 30 seconds between clients, if not grossly contaminated, and in handling client devices;
- Use a duration of 60 seconds when in contact with clients, devices, or equipment with gross contamination;
- Thoroughly dry the hands by blotting with a paper or disposable towel to help eliminate germs.
- Since faucets are considered contaminated, turn faucets off with the paper towel used for drying hands.

In the event that the clinician cannot access soap and water, a waterless hand disinfectant is available in each therapy room for cleaning hands. Waterless hand disinfectants can be used if the hands are not visibly soiled, before direct client contact, after contact with client’s intact skin, after removing gloves, and after contact with objects (including equipment) located in the client’s environment. Choose alcohol hand cleaners containing 60-95% isopropyl, ethanol, or n-propanol and 1-3% glycerol or other emollients. The waterless hand disinfectants are flammable liquids, so they should be handled with reasonable care. When using the waterless hand disinfectants, the clinician should use the following guidelines:

- Apply approximately 3cc of product to palm of one hand
- Rub hands together
- Cover all surfaces of hands and fingers
- Rub until hands are dry

GLOVES should be worn when contact with blood, body fluids containing visible blood, mucous membranes, or non-intact skin of clients is anticipated. Gloves should be worn on the hand(s) that will come in contact with the blood or body fluid containing visible blood, or for handling items or surfaces soiled with blood or body fluids.

The clinician should change gloves after contact with each client. Care should be taken so that the clinician does not touch the contaminated portion of the glove. To remove gloves safely use the following procedure:

- Peel off one glove from the wrist to the fingertip;
- Grasp it in the gloved handed;
- Using the bare hand, peel off the second glove from the inside, tucking the first
glove inside the second glove as it is removed.
• Wash hands after gloves are removed.
• Contaminated gloves are usually thrown away in a regular waste container.