

Hand Hygiene Moments

Nursing

The five moments, and how each one protects somebody different.

Moments 1 and 2 protect the patient. Moments 3, 4 and 5 protect you and everyone else.

The five moments

1 · Before touching a patient

2 · Before a clean or aseptic procedure

3 · After body fluid exposure risk

4 · After touching a patient

5 · After touching patient surroundings

Technique

Alcohol rub for visibly clean hands

Soap and water when hands are soiled

Soap and water for spore-forming organisms

Cover all surfaces, including thumbs and tips

Bare below the elbows; no rings with stones

Educational reference. Alcohol rub does not inactivate all organisms. Follow local infection prevention policy and product instructions.