

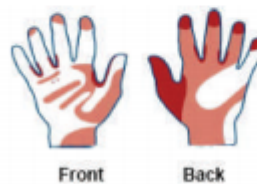
Hand Hygiene

“Hand Washing is the single most important method of preventing and controlling infection.”

Health Protection Agency

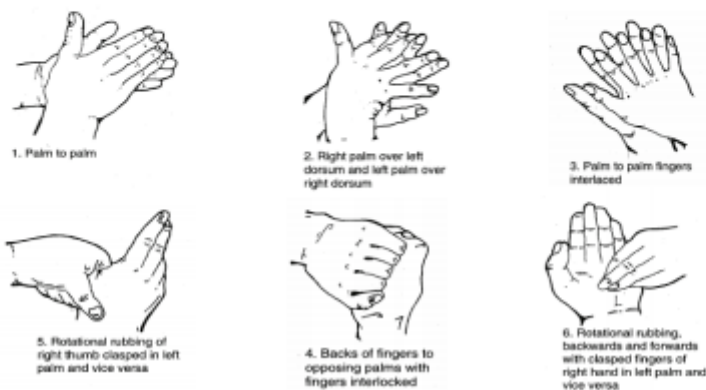
To try to minimise the impact of infections in hospitals it is important that all staff, visitors and patients wash their hands on a regular basis.

Studies have shown that when people wash their hands there are areas that are regularly missed, these are shown by the red areas on the picture opposite. To try to prevent this it is recommended, that, when washing your hands you use the six step process outlined below.



Whilst hand washing is the most effective method of preventing hospital acquired infections it is recognised that access to a hand wash basin is not always easy, in these cases use of alcohol hand sanitiser may be used instead. Again it is recommended that the same six step process should be used.

If you see others not washing their hands, politely ask them to do so!



Supplementary Figure C. The leaflet distributed in the control group