

# 5 Moments for Hand Disinfection

## After

## Before

**BEFORE**  
contact with  
residents



**BEFORE**  
an aseptic  
task



**AFTER**  
body fluid  
exposure risk



**AFTER**  
contact with  
residents



**AFTER**  
contact with the  
resident's  
surroundings

### Good to know:

1. Different nursing activities require several hand disinfections.
2. Disinfecting the hands prior to aseptic tasks alone can reduce the five most common nosocomial infections significantly!



3. Gloves are a must, but are not a hundred per cent protection against infection: Always disinfect your hands after glove removal!
4. Hands need to be disinfected after touching a resident and before touching objects that are not in the resident's surroundings, e.g. ward trolleys!
5. Hands need to be disinfected even when objects in the resident's surroundings are touched only, e.g. when exchanging glasses and water bottles on the bedside table!

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