

The 5 Moments

for hand hygiene

Before touching a patient

WHEN? Before touching a patient, when approaching him/her

To protect the patient against WHY? harmful germs carried on your

Before clean/aseptic procedures

WHEN? Before performing a clean/aseptic procedure

WHY? To protect the patient against harmful germs entering his or her body

After body fluid exposure risk

Immediately after an exposure risk
WHEN? to body fluids (and after glove
removal)

To protect yourself and the WHY? healthcare environment from harmful patient germs

After touching a patient

After touching a patient and his or WHEN? her immediate surroundings when leaving the ward

To protect yourself and the WHY? healthcare environment from harmful patient germs



After touching patient surroundings

After touching any object or
WHEN? furniture in the patient's
immediate surroundings, even
without touching the patient

To protect yourself and the healthcare environment from harmful patient germs

How to wash your hands

(Duration of the entire procedure: 40-60 seconds)













Wet hands with water and apply enough liquid soap to cover all hand surfaces.

Rub fingers well, including the areas between the fingers.













Rub the area of the nails well and rinse with water.

Dry hands thoroughly with a single-use towel and use the towel to turn off the faucet. Discard the towel in the waste bin.

How to apply antiseptic on your hands

(Duration of the entire procedure: 20-30 seconds)



















Apply antiseptic in a cupped hand, covering all surfaces.

Rub fingers well, including the areas between the fingers.

Rub the area of the nails well until the antiseptic dries off.