

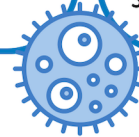
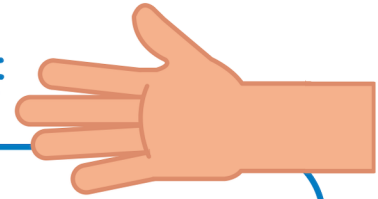
# Standard Precautions + Hand Hygiene

**HAND HYGIENE IS ONE COMPONENT OF STANDARD PRECAUTIONS.**



Standard Precautions are a set of practices used in healthcare, designed to achieve a basic level of infection prevention and control to minimise the transmission of healthcare acquired infections.

These precautions must be applied at all times, and aim to provide protection from exposure or potential exposure to blood and all other body substances, secretions and excretions.



## HAND HYGIENE QUIZ

- 1 Hand hygiene should be performed as per the 5 moments of hand hygiene. TRUE or FALSE
- 2 Hand hygiene is the single most important practice in preventing healthcare associated infections (HAI's). TRUE or FALSE
- 3 If hands are visibly dirty or soiled - hand hygiene should be performed using
  - a. alcohol-based hand rub (ABHR) or hand sanitiser
  - b. soap/cleanser and water
- 4 Which of the following statements are TRUE? Circle all the correct answers.
  - a. Gloves must be changed between patients.
  - b. Do not perform hand hygiene while wearing gloves.
  - c. Perform hand hygiene immediately BEFORE donning and AFTER removing gloves.
  - d. Prolonged and unnecessary use of gloves can cause adverse reactions and skin sensitivity.
  - e. Overuse or incorrect use of PPE can be as dangerous as not using/wearing it at all.
- 5 Hand hygiene should be performed BEFORE putting on gloves and AFTER removing gloves. TRUE or FALSE
- 6 When using an alcohol-based hand rub or hand sanitiser - which of the following is TRUE?
  - a. Using enough product to thoroughly cover all surfaces of the hands
  - b. Ensuring that hands remain wet for at least 30 sec to effectively kill bacteria
  - c. Hands should be clean (not dirty or soiled)
  - d. All of the above
- 7 Gloves should be worn when there is a risk of contamination with blood or bodily fluids. TRUE or FALSE
- 8 It is good practice for patients to perform hand hygiene and be offered the opportunity to clean their hands when appropriate. TRUE or FALSE

