Hand Hygiene

Hand Washing and Alcohol-based Hand Hygiene

Hand hygiene is considered to be the most important infection control measure in preventing the spread of infection. This should be performed before and after contact with patients and their immediate environment, and prior to putting on and after removing PPE.

Prior to performing hand hygiene:
- Remove jewellery from hands and fingers
- Cover any cuts and abrasions with an occlusive dressing

Hand Washing
- Wet hands under running water
- Apply pH neutral soap and lather vigorously
- Wash for 10 to 15 seconds
- Include all surfaces of hands and fingers
- Rinse under running water
- Pat dry with disposable towel

Alcohol-based Hand Hygiene
- Dispense solution onto your hand
- Rub over all surfaces of hands and fingers
- Allow product to dry completely

For Further Information

Contact your Infection Control or Occupational Health Service


Government of South Australia
Department of Health

Pandemic Influenza Preparedness
Safe Use of Personal Protective Equipment (PPE)

pPe
personal protective equipment
Putting on PPE

For maximum personal and patient protection it is essential that PPE is put on in the following sequence:

- Hand washing or alcohol rub
- Gown
- P2 or N95 respirator mask
- Fit check
- Protective eyewear, re-fit check mask
- Gloves, pull over cuffs of the gown
- STOP Check everything is in place

Removing PPE

To reduce the risk of self contamination PPE should be carefully removed in the following sequence:

- Gloves
- Protective eyewear
- Gown
- Hand hygiene
- Mask
- Hand washing or alcohol rub

Selection and Fit Testing of P2 or N95 Respirator Masks

Disposable Respirator Mask Selection

Mask selection is determined by individual facial characteristics. No one mask will fit all faces.

Fit Testing

Fit testing is a validated method of matching a specific respirator mask to an individual face.

For maximum safety and protection a fit test is required to determine that a selected mask provides an efficient seal on the face of the individual.

Two fit testing methods are recognised by Standards Australia:

Quantitative Method

This is an OBJECTIVE test that requires the use of a measuring instrument. The particles behind the mask are counted and compared to those in the ambient air. This determines the "fit factor".

Qualitative Method

This is a SUBJECTIVE test that requires the user to wear the mask within a transparent hood. During this time a solution is atomised into the hood. To pass the fit test the user must be able to indicate that they have not tasted the solution.