

Use alcohol-based hand rubs (ABHRs) when hands are not visibly soiled.

Well-formulated ABHRs often contain conditioners and emollients that benefit the skin.



Use soap and water only when hands are visibly soiled or when specified by your hospital policy.

Overuse of soap can cause skin dryness and irritation.



Use lukewarm or cooler water (not hot).

Wet hands before applying soap. Rinse well (don't forget the wrists, back of the hands and between fingers).



Take CARE of your HANDS

Pat hands gently when drying.

Vigorous rubbing can irritate the skin.



Do not don gloves when hands are still wet with ABHR or water.

Moisture trapped underneath gloves can irritate skin.



Use a facility-approved lotion frequently during your shift.

Lotions must be compatible with other provided hand hygiene products and gloves.



Protect your skin when you're not working, too!
Wear gloves in cold, dry weather. Use a mild soap at home.
Apply a thick, high quality lotion, especially before going to sleep.