

**ECOLAB**<sup>®</sup>

Everywhere It Matters.<sup>™</sup>



**KEY  
MOMENTS IN  
HAND  
HYGIENE  
AT WORK**

# YOUR WORKPLACE IN SAFE HANDS



## QUESTION 1

Have I just **touch**  
**something**  
**that could be**  
**contaminated** with  
someone else's  
germs?

## QUESTION 2

Am I about to  
**touch something**  
**that I could**  
**contaminate**  
with my germs?

## QUESTION 3

Am I about to **do**  
**something that**  
**could put germs**  
**into my body**  
e.g. eat something,  
rub my eyes?

## THREE GUIDING QUESTIONS:

General principles for  
hand hygiene at work

If the answer to any of these questions is **YES**  
clean your hands, make it your routine

# INTRODUCING TWO CONCEPTS

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## KEY MOMENTS IN HAND HYGIENE

### 1 IF / THEN METHOD

- To help you identify Key Moments when hand hygiene is recommended, ask yourself **“Am I going to touch an object or surface that has been touched by someone else?”**

- Use **“If”** and **“Then”** in your thought process, for example:

//  
**IF** I sign paperwork given by the delivery driver **THEN** I clean my hands

- This is useful whether you are **at home**, **at work** or in a **public space**.



PUBLIC MOMENT

To protect **MYSELF** and **OTHERS** against any harmful germs carried on hands in a public space



PERSONAL MOMENT

To protect **MYSELF** against any harmful germs carried on hands or surfaces during a personal break



PERSONAL AT  
WORK MOMENT

To protect **EVERYONE** against any harmful germs carried on hands or surfaces in the workplace




# FIND OUT HOW TO **CLEAN YOUR HANDS** AT THE KEY MOMENTS

**This tool aims to highlight  
the key moments when hand  
hygiene needs to be embedded**

## **How to make hand hygiene your routine:**

- Apply the If-Then method to identify Key Moments when hand hygiene is recommended
- For Example: “If I touch an object that has been touched by someone else, then I clean my hands”
- Use this interactive tool to review If-Then moments which could be relevant to you
- Start applying this way of thinking in your working day and clean your hands
- Practice makes perfect!

## **How to use this interactive tool:**

- Browse to find Key Moments in the day at your workplace when you can take action and clean your hands
- Use reminders to help you apply this in your working day (Click this icon  to download a handy printable poster for your workplace)
- Share the information with your peers

# CARE HOME



Be prepared, consider what you have touched and make **'If-Then'** plans:

# CARE HOME

## ENTRANCE/RECEPTION



**IF** I use a shared item like a pen,  
**THEN** I clean my hands

Be prepared, consider what you have touched and make 'If-Then' plans:

# CARE HOME

## ENTRANCE/RECEPTION



**IF** I touch a door,  
**THEN** I clean my hands

Be prepared, consider what you have touched and make **'If-Then'** plans:





# CARE HOME

## DINING ROOM



Be prepared, consider what you have touched and make 'If-Then' plans:

# CARE HOME

## DINING ROOM



**IF** I touch shared equipment,  
**THEN** I clean my hands

Be prepared, consider what you have touched and make 'If-Then' plans:

# CARE HOME RESIDENT'S ROOMS



Be prepared, consider what you have touched and make 'If-Then' plans:



# CARE HOME RESIDENT'S ROOMS



**IF** I empty the resident's catheter bag,  
**THEN** I clean my hands, even if  
gloves are worn

Be prepared, consider what you have touched and make 'If-Then' plans:

# CARE HOME PHYSIOTHERAPY ROOM



**IF** I touch residents' property  
**THEN** I clean my hands on  
completion of interaction

Be prepared, consider what you have touched and make 'If-Then' plans:

# CARE HOME

## STAFF ROOM

**IF** I remove my mask to eat,  
**THEN** I clean my hands



Be prepared, consider what you have touched and make 'If-Then' plans:

# CARE HOME

## STAFF ROOM



Be prepared, consider what you have touched and make 'If-Then' plans:



# MEET THE EXPERTS



## Julie Storr

BN RGN MBA MHS

Consultant/Director,  
S3 Global @safesafersafest

“Bringing hand hygiene to life and making sense of the “when to do it” across all aspects of a person’s life makes sense!”

“This resource provides a fresh and vivid approach to support people to do the right thing.”



## Claire Kilpatrick

RN, PGDipICN, MSc, MFTM RCPS (Glas)

Consultant/Director,  
S3 Global @safesafersafest

“Cleaning hands at the right times keeps people safe from many different germs - you could say that it’s a lifesaving action”

“Identifying and understanding your own key moments for clean hands means protection for you, your colleagues and family - this resource explains it shortly and simply for you”

# MEET THE EXPERTS



## Julie Storr

BN RGN MBA MHS

Julie is co-founder and director at S3 Global, a pioneer of national and global hand hygiene campaign's and initiatives and a respected leader in infection prevention and control (IPC).

Julie originally trained as a nurse and health visitor and more recently has worked in infection control, resident safety and quality, internationally, leading on the development of guidelines and implementation packages. She has published widely on the subject of IPC.



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## Claire Kilpatrick

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Claire is co-founder and director at S3 Global, with 20 years’ experience working at national and then global level on improving hand hygiene and prevention of infection in healthcare overall.

She has also worked on a number of campaigns including WHO’s SAVE LIVES: Clean Your Hands global annual campaign (world hand hygiene day, every 5 May), engaging countries all over the world to take action. Claire is a registered nurse with a post-graduate diploma in infection prevention and a Masters in Medical Science and has won a number of awards for her work.

# 5 TIPS TO TAKE HAND HYGIENE TO THE NEXT LEVEL AT YOUR WORKPLACE:



## 1 ASK YOURSELF

“Am I going to touch an object or surface that has been touched by someone else?”

## 2 ENCOURAGE YOUR CO-WORKERS TO THINK

“If it touch a shared surface or object, then I clean my hands”

## 3 CHECK THAT YOU HAVE ACCESS TO EFFECTIVE PRODUCTS:

if soap and water are not available, you can use a registered hand disinfectant. *Check out how you can decode the bottle here.*

## 4 REFRESH YOUR TECHNIQUE

by watching hand wash and hand rub videos online.  
*Click here for the hand wash video.*  
*Click here for the hand rub video.*

## 5 SPREAD THE WORD

by printing hand hygiene posters and displaying them at your location.  
*Click here to download.*

### JOIN THE CONVERSATION!



For more resources, check out:  
WHO [www.who.int](http://www.who.int)  
ECOLAB [www.ecolab.co.uk](http://www.ecolab.co.uk)