Transcript

Aged Care Quality and Safety Commission

Visiting an Aged Care Home  
Hand Hygiene: Sanitising Your Hands

**Presented by:**

Speaker

[*Opening visual of slide with text saying ‘Australian Government with Crest (logo)’, ‘Aged Care Quality and Safety Commission’, ‘Visiting an aged care home’, ‘Hand hygiene: Sanitising your hands’*]

[*The visuals during this video are of a PowerPoint presentation and a demonstration of hand washing*]

§(Music Playing)§

**Speaker:**

In this video we will take a closer look at using sanitiser. It is likely you’re already familiar with sanitising your hands but let’s take a closer look at when to do it and how to do it properly.

You need to clean your hands with sanitiser before entering or leaving an aged care home, before you enter a resident’s room, after you touch the front door buzzer, door handles or rails on stairs, and after you leave a resident’s room.

Let’s explore the steps.

§(Music Playing)§

Pump the sanitiser one to two times onto your hands. Rub your palms together.

§(Music Playing)§

To do the back of your hands place the palm of one hand on the other, lace your fingers together and rub up and down then on the other side.

§(Music Playing)§

Now put your hands palm to palm, lace your fingers and rub. For the back of your fingers curl up your fingers and rub in a circular motion. Repeat for the other side.

Rub each thumb with the palm of your other hand.

§(Music Playing)§

Rub your palms with your fingertips in a circular motion. Do this on both hands.

Rub sanitiser into your wrists on each hand.

§(Music Playing)§

Wait for the sanitiser to air dry. And remember don’t use a towel to dry your hands. Now your hands are clean and you’re ready to help with caring for someone.

Remember be careful about what you touch. Use sanitiser if you touch a commonly used item. Use soap and water if you have touched an item that doesn’t look clean or after using the toilet.

Thank you for taking the time to watch this video. To find more about the partner in care program just visit the link on the screen.

§(Music Playing)§

[*Closing visual of slide with text saying ‘Australia Government with Crest (logo)’, ‘Aged Care Quality and Safety Commission’, ‘Thank you’, ‘https://www.agedcarequality.gov.au/resources/partnerships-care-supporting-older-peoples-wellbeing-residential-care’, ‘Engage’, ‘Empower’, ‘Safeguard’*]

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