



Asking for more information

Beacon Hospital staff are all trained in hand washing techniques and won't be offended if you ask them whether they have clean hands. They can show you how to wash your hands efficiently, direct you to the nearest washing facilities or provide you with alcohol gel or wet wipes.

Infection Prevention and Control Team
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Information Leaflet on **Hand Hygiene**



What to expect in hospital



Beacon Hospital

Beacon Hospital, Sandyford, Dublin 18
www.beaconhospital.ie



Beacon Hospital

What to expect when you are a patient



Hand washing with soap and water

Germs that naturally live on the skin and normally cause few problems may be more serious when brought into a hospital.

These germs are often passed from one person to another by physical contact so it's important that patients, visitors, healthcare workers, nursing staff and doctors cut the risk of spreading infections by regularly cleaning their hands.

All hospital staff should be hand washing or using a gel:

- In between direct patient contact
- After helping a patient to use the toilet, bathroom or commode
- After any contaminating procedure
- After taking their gloves off

Hand cleansing Products

The following products can be used to sanitise your hands because they kill 99.99% of germs that may cause infections.

- Liquid soap and warm water is available at all sinks in every area of the hospital. We recommend soap and water to wash with if your hands are visibly dirty.
- Alcohol gels are in all patient rooms and at the entrance of every department. The gel can be used as long as your hands are visibly clean.

Apply one or two squirts to the palm of your hands and rub them together, covering all of your hands until they are dry.

Advice for patients

Please wash your hands whilst in hospital as you would normally do:

- Whenever you can see your hands are dirty
- Before eating
- After going to the toilet
- Before touching your wound

You may wash them at any sink with liquid soap and warm water or use one of the hand gels or a wet wipe.

It is important to remember the following:

- Remove rings with stones before cleaning your hands
- Keep your nails short, as this will make it easier to clean your hands properly.
- If you have wound dressings, stitches or catheters try not to touch them any more than absolutely necessary.

Advice for Visitors

Generally, visitors should follow the same hand hygiene guidelines as we have listed for patients.

Please clean your hands as soon as possible when arriving at the hospital or at the entrance of the ward that you're visiting. It's likely that your hands won't be visibly dirty so using a hand gel should be all that's required. These can be found at the entrance to every department and in every patient room. If you intend to visit more than one department, please clean your hands before entering each new department.