

Hand Hygiene

Every athletic trainer knows the importance of hand cleanliness when treating athletes. However, studies of health care professionals in many different settings have found that proper hand washing procedures are not always followed, and the result may be an increased risk for transmitting infections such as MRSA.

Here are some helpful reminders on proper techniques for hand hygiene:

- When using an alcohol-based hand rub, apply the product to the palm of one hand and then rub both hands together, covering all surfaces of the hands and fingers, until hands are dry.
- When washing hands with soap and water, wet both hands first, apply soap, then rub hands together vigorously for at least 15 seconds, covering all surfaces of the hands and fingers. Rinse hands with water.
- Thoroughly dry hands with a disposable towel or one treated with an antimicrobial solution. Use the disposable or treated towel to turn off the faucet.
- Avoid using very hot water, since repeated exposure to it may increase the risk of dermatitis.
- If your sink is equipped with bar soap, only use small bars and make sure your soap rack allows for drainage.
- In between washings, use antimicrobial solutions and products that inhibit the growth of bacteria.

