



Examples of Hand Hygiene Moments

Patient = Patient/Resident/Client

Moment 1 examples (not an exhaustive list – just to be used as examples):

- Prior to entering patient room and touching patient's environment: (bed, bedside table, over-bed table, windowsill, patient lockers, patient's chair(s), etc.)
- Prior to entering patient room and touching patient
- Prior to touching patient or their environment, if you have touched curtain in a multi-patient room
- Prior to touching the patient or their environment, if you have touched the door/door handle
- Prior to touching a patient or their environment, if you have touched your face/uniform/lab coat
- Prior to touching patient's equipment
- Prior to transferring patient
- Prior to shaking hands
- Prior to taking any vital signs (temperature, blood pressure, pulse)
- Prior to using a stethoscope on a patient's body
- Prior to making patient comfortable in bed
- Prior to patient's morning hygiene
- Prior to contact with patient's wheelchair or walker
- Prior to bringing patient a project or exercise equipment in physiotherapy/occupational therapy
- Prior to touching a patient while assisting with their physiotherapy/occupational therapy
- Prior to putting on gloves and/or other PPE
- Prior to touching an IV pump

Moments 2 examples (not an exhaustive list – just to be used as examples):

Note these usually follow Moment 1.

Hand hygiene is required for both Moment 1 and then Moment 2.

- Prior to dressing change
- Prior to skin lesion care
- Prior to preparing medications or removing them from the Pyxis machine
- Prior to adding meds to the Pyxis machine/med charts
- Prior to taking meds out of Pyxis machine
- Prior to changing TPN
- Prior to starting a peripheral IV
- Prior to changing an IV
- Prior to giving patient an IV medication
- Prior to giving an injection/vaccination
- Prior to opening a vascular access system or draining system
- Prior to taking blood specimen from a patient
- Prior to taking a blood glucose test
- Prior to giving a patient an oral medication



- Prior to subcutaneous/intramuscular injections.
- Prior to instilling eye/ear drops
- Prior to oral care
- Prior to setting up a patient's food tray
- Prior to preparing food
- Prior to feeding a patient.
- Prior to giving a patient a drink of water
- Prior to inserting a catheter
- Prior to inserting an NG tube
- Prior to secretion aspiration
- Prior to putting on sterile gloves to perform any aseptic procedure

Moment 3 examples (not an exhaustive list – just to be used as examples):

Remember that after any of these activities, gloves must be removed and hand hygiene performed prior to moving to next activity.

- After a dressing change
- After skin lesion care
- After inserting an IV
- After taking a blood specimen
- After taking a stool specimen
- After taking a urine specimen
- After cleaning up a body fluid spill
- After inserting a catheter
- After providing oral care to a patient

Moment 4 examples (not an exhaustive list – just to be used as examples):

- After exiting patient room and touching patient's environment: (bed, bedside table, over-bed table, windowsill, patient lockers, patient's chair(s), etc.)
- After touching patient upon exiting patient room
- After touching patient's equipment upon exiting patient room
- After transferring patient
- After shaking hands
- After taking any vital signs (temperature, blood pressure, pulse)
- After using a stethoscope on a patient's body
- After making patient comfortable in bed
- After patient's morning hygiene
- After contact with patient's wheelchair or walker
- After bringing patient a project or exercise equipment in physiotherapy/occupational therapy
- After touching a patient while assisting with their physiotherapy/occupational therapy
- Between patients while assisting with their physiotherapy/occupational therapy
- After taking off gloves