

## Dear Caregiver,



We appreciate your hard work and understand that it keeps you very busy. So busy that sometimes you may forget fundamental safety work practices. We made this safety insert especially for you so that you can refresh, learn and work safely without taking your time away from patient care.

### Topic: Hand Washing



#### Always:

- Wash hands thoroughly with soap and water
- Wash hands before and after patient contact
- Wash hands after contact with body fluids
- Wash hands after removing gloves

#### Hand Washing Techniques:

- Wet hands with running water
- Apply hand washing agent
- Vigorously rub hands together for 10 - 15 seconds
- Use a paper towel to dry hands
- Use a paper towel to turn off faucet

#### Remember to:



- Wear gloves when caring for patients
- Changed after caring for each patient
- Wash hands, even if you used gloves

### Clean Hands = Infection Control



We use our hands for almost every activity in our daily life, from shaking hands to picking up objects. As a caregiver it is important to maintain clean hands to prevent cross contamination. If you need more information please contact our safety specialists at [safetyhasitsrewards@carewestinsurance.com](mailto:safetyhasitsrewards@carewestinsurance.com).

Sincerely,  
Care West Team

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