HAND ESSENTIALS™
HAND CARE GUIDE



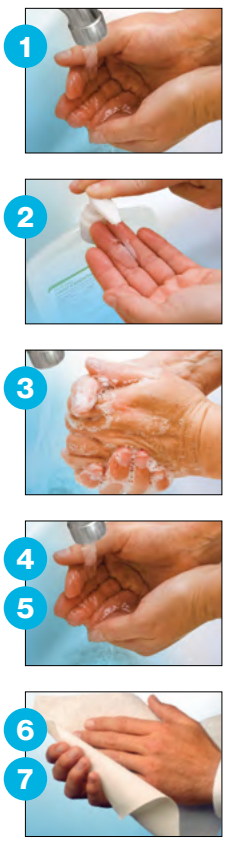
Care for your most precious instruments with proper hand hygiene – correct use of soap for cleansing, sanitizer for disinfection and lotion for skin nourishment. According to the CDC Guidelines hand hygiene substantially reduces potential pathogens on the hands and is considered the single most critical measure for reducing the risk of transmitting organisms to patients and health care professionals.[1]



Handwashing

Hands should be washed when they are visibly soiled otherwise the use of an alcohol-based hand rub is preferable. Total handwashing time should not exceed one minute but should be at least 15 seconds.[2]

1. Turn on water to a comfortable temperature to moisten hands and wrists.
2. Apply soap.
3. Generate heavy lather and wash well for about 15 seconds, paying particular attention to areas between the fingers, around nail beds, under fingernails and back of hands.
4. Rinse well under soaking water, keeping hands low in the sink to prevent splashing.
5. Hold hands so the water flows from wrist to fingertips.
6. Dry hands completely with a clean disposable towel.
7. Use the disposable towel to turn off faucet so your hands remain clean from any contaminants that may be on the faucet.



HAND ESSENTIALS™
SOAPS



ANTIBACTERIAL SOAP

16 Fl oz (473 mL) Bottle with Pump	IMS-1506N

LOTION SOAP

16 Fl oz (473 mL) Bottle with Pump	IMS-1507N

Hand Antisepsis

Alcohol-based hand rubs reliably kill or inactivate pathogens on the hands, provided that all areas of the hands are thoroughly covered by the product. It is essential that alcohol-based hand antiseptics are only rubbed into dry hands or it might not be effective enough.

1. Rub backward and forward with clasped fingers of right hand in left palm (and then) with clasped fingers of left hand in right palm. Thoroughly work hand rub under nails and into cuticles.
2. Rub hands palm to palm, including wrists.
3. Right palm over left back of hand with interlaced fingers and left palm over right back of hand with interlaced fingers.
4. Palm to palm with fingers interlaced.
5. Tops of fingers to opposing palms with fingers interlocked.
6. Rotational rubbing of left thumb clasped in right palm and rotational rubbing of right thumb clasped in left palm.[3]



HAND ESSENTIALS™
SANITIZERS



STERILLIUM® COMFORT GEL™ HAND ANTISEPTIC

16.06 Fl oz (475 mL) Bottle with Pump	IMS-1504-2
1.69 Fl oz (50 mL) Bottle with Flip Cap	STRLMGEL50

INSTANT HAND SANITIZER, UNSCENTED

16 Fl oz (473 mL) Bottle with Pump	IMS-1505-2

Lotion Application

Use lotion products when indicated or as needed to help restore moisture to dry, cracked, irritated hands while delivering nutrients to the skin.

1. Spread product evenly between backs of both hands.
2. Massage the lotion completely into the skin, right palm over left back of hand with interlaced fingers and left palm over right back of hand with interlaced fingers.
3. Massage lotion completely into the cuticles and fingertips.
4. Massage lotion completely into the wrists.[4]



HAND ESSENTIALS™
LOTIONS



SKIN REPAIR CREAM

32 Fl oz (946 mL) Bottle with Pump	IMS-1500 (US) IMS-1500CA (Canada)
4 Fl oz (118 mL) Tube	IMS-1501 (US)
2 Fl oz (59 mL) Tube	IMS-1502 (US) IMS-1502CA (Canada)

To learn more, visit HuFriedyGroup.com/HandEssentials

1) Centers for Disease Control and Prevention. Guidelines for Infection Control in Dental Health-Care Settings — 2003. MMWR 2003;52(No. RR-17):[14]. 2) Boyce JM, Pittet D. Centers for Disease Control and Prevention, Guideline for Hand Hygiene in Health-Care Settings: Recommendations of the Healthcare Infection Control Practices Advisory Committee and the HICPAC/SHEA/APIC/IDSA Hand Hygiene Task Force. MMWR 2002;51:1-45. 3) Technique adapted from: European committee for Standardization. EN 1500, chemical disinfectants and antiseptics—hygienic hand rub: test method and requirements (phase 2, step 2). Brussels, Belgium; 1997. 4) Technique adapted from: Berufsgenossenschaft für Gesundheitsdienst und Wohlfahrtspflege. Essental skin protection. 2006:6.

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