

TITLE: HAND HYGIENE POLICY

POLICY/PURPOSE:

Employees in food preparation and service areas follow hand hygiene procedures according to infection control guidelines. Employees wash their hands and exposed areas of their arms before starting work and as often as necessary to remove soil and contaminants; all staff wash hands according to infection control and standard precautions guidelines. Hand sanitizer is used to de-germ hands in select settings.

APPLICABILITY:

All employees, students and volunteers

PROCEDURE:

When to use hand washing and hand sanitizing:

1. Hand washing with soap and water is performed before starting work and:
 - After eating food or drinking beverages
 - After using the restroom
 - After handling raw food - particularly meat and poultry
 - During food preparation as necessary to remove soil and contaminants
 - If hands are visibly soiled by any activity
2. Hand cleaning with alcohol-based hand sanitizers is performed:
 - Before and after entering the patient's room (i.e. any food service or clinical activity)
 - Before and after delivering or picking up a patient's meal tray
 - After coughing and /or sneezing
 - After touching patient environment (bedside table, bedrails, patient belongings)
3. Follow directions on the signs
 - For Contact Isolation and Varicella Zoster Isolation (Stop sign) isolation put on gloves after hand hygiene is performed. Remove gloves before leaving room then perform hand hygiene.
 - For airborne and droplet isolation perform hand hygiene before and after putting on appropriate mask. Remove mask before leaving room then perform hand hygiene.

Note: In behavioral health areas, hand hygiene must be performed before and after meal service and anytime contact is made with a patient (i.e., touching the ID bracelet).

Procedures for Hand Washing and Hand Sanitizing:

1. Hand Washing:

- Wet hands thoroughly.
- Apply hospital-approved soap.

- Wash hands vigorously for at least 20 seconds, paying special attention to areas between the fingers, about the knuckles and wrists, the back of hands and under the fingernails.
- Thoroughly rinse hands with fingers pointed downwards.
- Dry hands completely with paper towel.
- Use towel to turn off faucet.

2. Alcohol-based hand sanitizer

- Pump dispenser once
- Spread sanitizer over all surfaces (between fingers on backs of hands to wrists and thumbs)
- Continue rubbing until hands are dry

RESPONSIBILITY:

Director, Food & Nutrition

Director, Clinical Nutrition

NewYork-Presbyterian Hospital

INTERDISCIPLINARY REVIEW:

Department of Infection Prevention and Control

REFERENCES:

2009 Food Code, U.S. Public Health Service/FDA

New York State Sanitary Code, 1992

ServSafe Essentials, Fifth Edition 2008

New York-Presbyterian Hospital Infection Prevention and Control Manual

POLICY DATES:

Issued:

September 1988

Reviewed/Revised:

May 1999, August 2001, August 2002,
August 2004, July 2005, August 2006,
June 2008, June 2010

Last Revised:

June 2012

Nutrition Advisory Board Approval:

June 2012