

GET YOUR HANDS DIRTY!

Healthcare professionals work overtime to help save lives every day, and sometimes these jobs mean getting their hands dirty!

Let's face it—you really can't avoid it. From bedpans to patient bedsides, many hands come in contact with numerous surfaces throughout the day, increasing vulnerability to a plethora of bacteria. Without regular hand washing, sanitization and environmental awareness, the transfer of bacteria can put patients at risk.

Door handles harbor harmful germs and bacteria, along with viral and fungal infections.¹

Hands can carry over 3,000 different harmful bacteria.²

Some of the most contaminated surfaces in acute care hospital rooms include the bedrail and bedrail control panel, nurse's call light and patient phone.³

Contaminated fingernails have been linked to many Hospital Acquired Infections and outbreaks of *Pseudomonas aeruginosa*, *Serratia marcescens*, *Klebsiella pneumoniae*, and *Candida albicans*.⁴

80 percent of infections come from what we touch— from keyboards to kitchen sinks, these familiar items can swarm with more germs than the toilet!⁵

Cell phones are up to 500X dirtier than a toilet seat. Collectively Americans touch them over 8 billion times per day!⁶

Most SSIs in the operating room are believed to originate from patients' or healthcare workers' flora (skin) rather than environmental contamination.⁷

The most shared items in the waiting room are also the most contagious (pens, upholstery on chairs, clipboards and more).⁸

Stethoscopes, blood pressure cuffs, and EKG wires are often used on successive patients without being cleaned.¹⁰

Tabletops can host 45X more bacteria on the surface AFTER cleaning with traditional rag and bucket methods—that's dirtier than a diaper-changing table!⁹



SOURCES:

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- 5 Hand Hygiene, BC Centre for Disease Control
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- 7 Surface Contamination in Operating Rooms: A Risk for Transmission of Pathogens?, Surgical Infections, October 2014
- 8 Can Waiting Rooms Make You Sicker, Medicine, 2015
- 9 press release Classy Kid, Inc., In tests conducted by Dr. Chuck Gerba, professor of Environmental Microbiology at the University of Arizona, 2006
- 10 Why Aren't Hospitals Cleaner?, Betsy McCaughey, July 2007

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