

# 手部清潔

## Hand Hygiene

列印日期： 年 月 日

單位：

05-2756000 分機：

### 目的：Purpose:

清潔雙手，去除污垢，預防看護者、被看護人與環境間交互感染，並傳播病菌，確實洗手可達到保護作用。

To keep hands clean at all times, remove dirt, prevent caregiver and the patient from viral infection with the environment, and prevent the spread of germs to others. Washing of hands can achieve the effect of protection.

### 洗手時機：

#### When to wash hands:

接觸被看護人前後都必須洗手，包括為被看護人測量體溫、脈搏、血壓、血糖、協助移位、沐浴、穿衣、梳頭、餵食、抽痰、傷口處理，或是處理尿袋、造瘻口處理、整理被看護人周遭環境或用具等，以確實保護彼此，避免相互感染。

The caregiver must wash both hands before and after touching the person being cared for, including measuring body temperature, pulse, blood pressure and blood sugar, assisting in displacement, bathing, dressing, combing hair, feeding, sputum suction and wound care, or handling the urinary bag and the cystostomy opening as well as organizing surroundings or utensils of the person being cared for in order to truly protect each other and to avoid catching infection from each other.

### 用物準備：

#### Preparation for necessary items:

洗手液（或肥皂）、擦手紙（或是毛巾）。

Liquid soap (or bar soap), paper towels (or hand towels).

### 洗手的正確步驟：

#### Steps for proper hand washing:

1. 除去手錶及取下手上任何之飾品。

Remove the watch and any accessories from hands.

2. 將衣袖捲至肘關節上2-5 公分

Roll up sleeves about 2-5 cm above the elbow joint.

3. 以清水潤濕手部後，按壓洗手液於雙手並保持手部低於手肘。

Rinse your hands with clean water, and then press the liquid soap onto both hands and keep hands lower than the elbow

4. 搓揉雙手至泡沫產生每個部位搓洗至少5-10 下（時間至少30-40 秒）。

Keep rubbing your hands until having lather, and each part of your hands should be rubbed for at least 5 to 10 times (or at least 30 to 40 seconds).

5. 用流動水沖去手上之洗手液。

Rinse off the liquid or bar soap from your hands under running water.

6. 用擦手紙或乾淨毛巾擦乾雙手。

Dry your hands with paper towels or a clean hand towel.



主辦單位：臺北市勞動力重建運用處

承辦單位：中華民國家庭照顧者關懷總會

Organized by: Taipei City Foreign and Disabled Labor Office

Sponsored by: Taiwan Association of Family Caregivers

參考資料：

北市勞動力重建運用處(2017). 臺北市外籍看護照顧手冊引自：

[https://fd.gov.taipei/News\\_Content.aspx?n=67945D18DB76BA5D&sms=973FD07C716974AB&s=6B2018866462E18F](https://fd.gov.taipei/News_Content.aspx?n=67945D18DB76BA5D&sms=973FD07C716974AB&s=6B2018866462E18F)