



## KEY STATISTICS



**5,000**

Deaths linked to HCAs in England each



**£2.7 billion**

Annual cost of HCAs to the NHS



**20-30%**

Of HCAs are preventable with better



**80%**

Of infections spread by hands

## STEP-BY-STEP GUIDE

1

### Hand Hygiene

Wash hands for 20 seconds using the WHO 6-step technique



2

### PPE

Select appropriate PPE based on risk — gloves, apron, mask, eye protection



3

### Don PPE

Put on PPE in correct order: apron, mask, eye protection, gloves



4

### Doff PPE

Remove PPE carefully to avoid self-contamination — gloves first

