

The Hygienic Efficacy of Different Hand-Drying Methods: A Review of the Evidence

Conclusion

Hand hygiene has the potential to prevent diseases and reduce health care–associated infections. The proper drying of hands after washing should be an essential component of effective hand hygiene procedures. Most studies have found that paper towels can dry hands efficiently, remove bacteria effectively, and cause less contamination of the washroom environment. From a hygiene standpoint, paper towels are superior to air dryers; therefore, paper towels should be recommended for use in locations in which hygiene is paramount, such as hospitals and clinics. The provision of paper towels should also be considered as a means of improving hand hygiene adherence among health care workers. Our findings may have implications for health professionals and medical educators aiming to design effective programs to promote hand hygiene practices.