

Hand Hygiene Guide

How to wash your hands



Duration of the entire procedure: 40-60 seconds



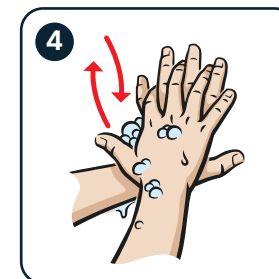
Wet hands with water.



Apply enough soap to cover all hand surfaces.



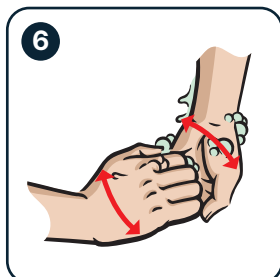
Rub hands palm to palm.



Rub back of each hand with the palm of the other hand with fingers interlaced.



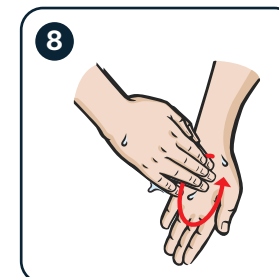
Rub palm to palm with fingers interlaced.



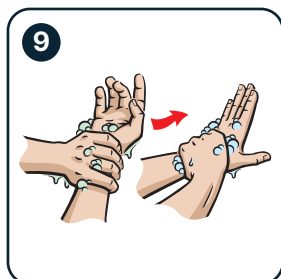
Rub with backs of fingers to opposing palms with fingers interlocked.



Rub each thumb clasped in opposite hand using rotational movement.



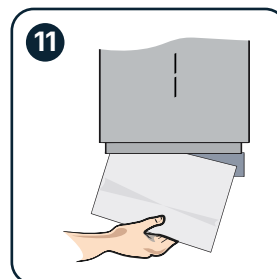
Rub tips of fingers in opposite palm in a circular motion.



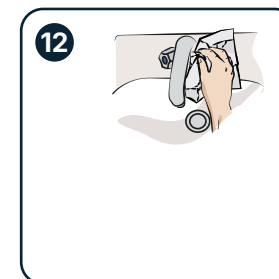
Rub each wrist with opposite hand.



Rinse hands with water.



Dry hands thoroughly with a single use towel.



Use towel to turn off faucet.

! Your hands are now safe



Hand Hygiene Guide

How to apply hand rub

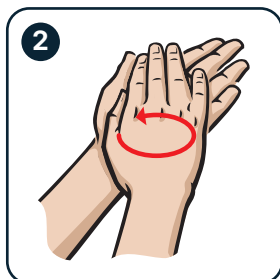


Duration of the entire procedure: 30 seconds



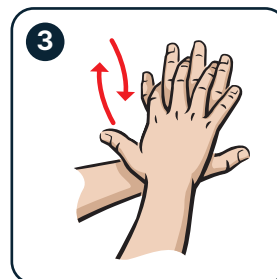
1

Apply enough hand rub to cover all hand surfaces.



2

Rub hands palm to palm.



3

Right palm over back of left hand with fingers interlaced. Do the same again with right hand over left.



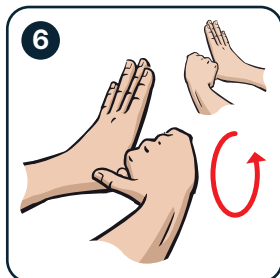
4

Palm to palm with fingers interlaced.



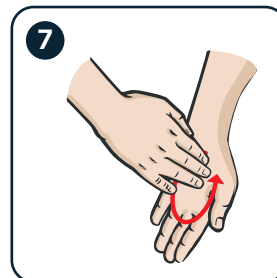
5

Backs of fingers to opposing palms with fingers interlocked.



6

Rotational rubbing of left thumb clasped in right palm and vice versa.



7

Fingers of right hand in left palm rubbing clockwise, then anti-clockwise. Do the same again with the left hand in right.



Hand Hygiene Guide

How to wash your hands and apply hand rub



Wash your hands:
Duration of the entire procedure: 40-60 seconds



Apply hand rub:
Duration of the entire procedure: 30 seconds



1 Washing your hands
Wet hands with water.



2 Apply enough soap to cover all hand surfaces.



3 Rub hands palm to palm.



4 Rub back of each hand with the palm of the other hand with fingers interlaced.



5 Rub palm to palm with fingers interlaced.



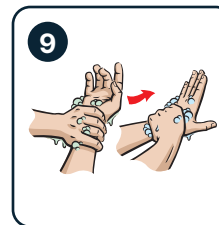
6 Rub with backs of fingers to opposing palms with fingers interlocked.



7 Rub each thumb clasped in opposite hand using rotational movement.



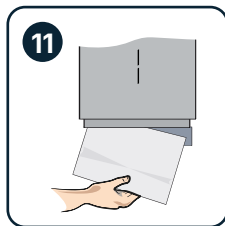
8 Rub tips of fingers in opposite palm in a circular motion.



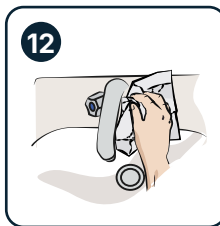
9 Rub each wrist with opposite hand.



10 Rinse hands with water.



11 Dry hands thoroughly with a single use towel.



12 Use towel to turn off faucet.



13 Apply hand rub. Apply enough hand rub to cover all hand surfaces.



14 Rub hands palm to palm.



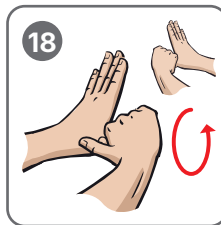
15 Right palm over back of left hand with fingers interlaced. Do the same again with right hand over left.



16 Palm to palm with fingers interlaced.



17 Backs of fingers to opposing palms with fingers interlocked.



18 Rotational rubbing of left thumb clasped in right palm and vice versa.



19 Fingers of right hand in left palm rubbing clockwise, then anti-clockwise. Do the same again with the left hand in right.

