

10 steps to effective hand hygiene



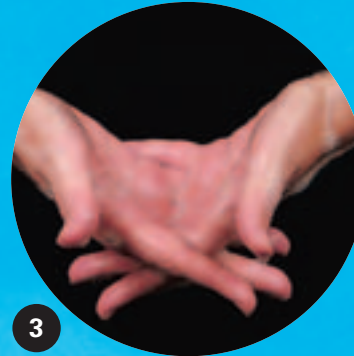
1

Wet hands and forearms



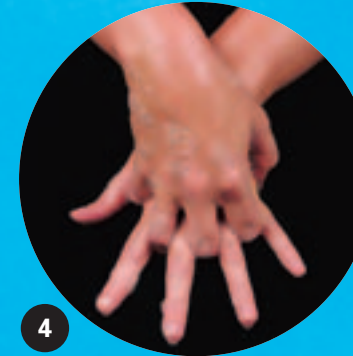
2

Soap up rubbing palm to palm



3

Rub with fingers interlaced



4

Massage between fingers,
right palm over back of left hand,
left palm over back of right hand



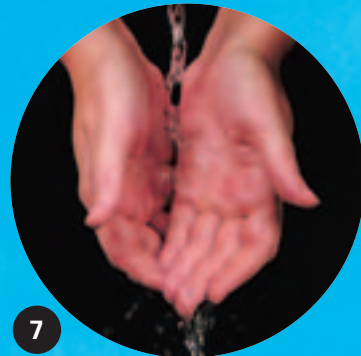
5

Scrub with fingers locked
including finger tips



6

Rub rotationally with
thumbs locked



7

Rinse thoroughly



8

Dry palms and backs of hands
using a paper towel to help
remove remaining bacteria



9

Work towel between fingers



10

Dry around and under nails



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Importance of hand washing

Hands are usually considered to be one of the most common ways that cross contamination occurs. Effective, timely hand hygiene can contribute significantly to reducing the risks of cross contamination.

The hand washing technique adopted must ensure that all areas of the hands are covered. Particular attention should be paid to the finger tips, between the fingers and to the outside and back area of the thumbs, which are often missed. Once rinsed thoroughly, dry the hands carefully with paper towels and apply an appropriate hand cream.