

Effective Hand Washing

Because sometimes we all need a little reminder!

Infection Control



1 Wet hands with warm water



2 Apply enough soap to cover all hand surfaces



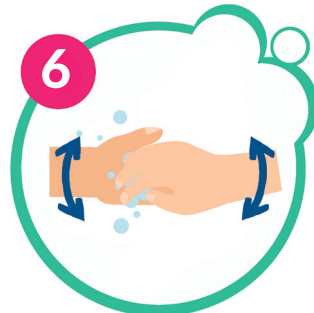
3 Rub hands palm to palm



4 Right palm over the back of left hand with interlaced fingers and vice versa



5 Palm to palm with fingers interlaced



6 Backs of fingers to opposing palms



7 Rotate left thumb with clasped right palm and vice versa



8 Rub fingertips of right hand into clasped left palm and vice versa



9 Rinse hands with warm water



10 Using a single use towel, dry hands and then use to turn faucet off



11 Hands are now safe

Remember

Wash hands when visibly soiled, otherwise, use handrub.

Take care of your hands by using a protective hand cream or lotion daily.

Do not wash hands with soap and water before or after using alcohol handrub.

Do not wear artificial fingernails when in direct contact with patients and keep natural nails short.

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* Adapted from the World Health Organisation Hand Hygiene, Why, How and When guide.