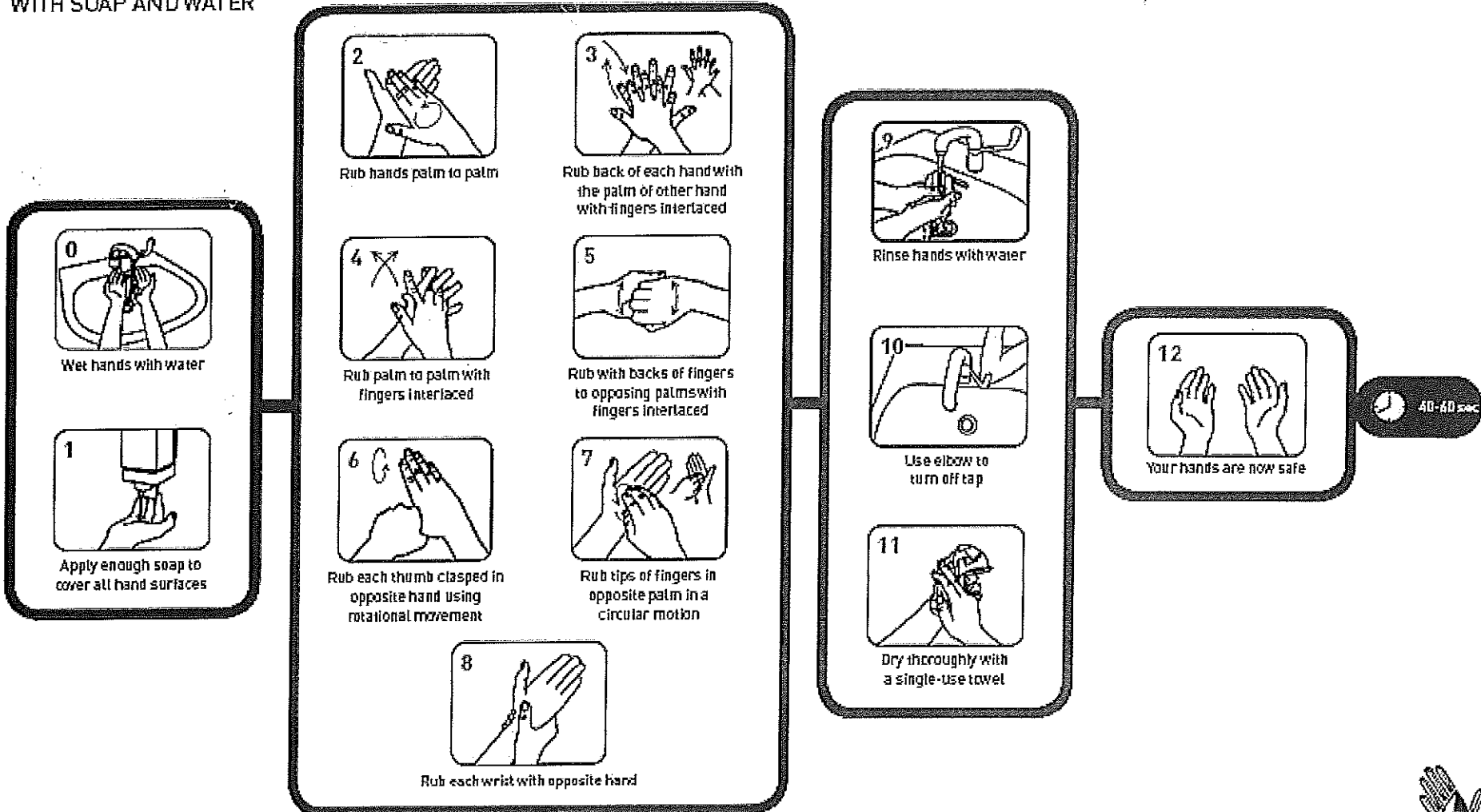


HAND CLEANING TECHNIQUES

How to handwash?

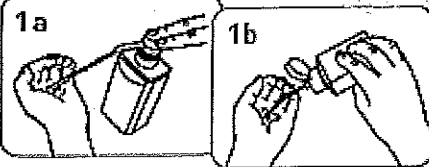
WITH SOAP AND WATER



HAND CLEANING TECHNIQUES


How to handrub?

WITH ALCOHOL HANDRUB




1a 1b

Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces




2

Rub hands palm to palm



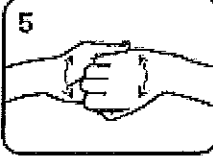
3

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




4

Rub palm to palm with fingers interlaced



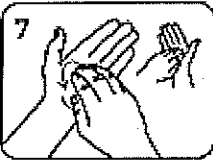
5

Rub with backs of fingers to opposing palms with fingers interlaced



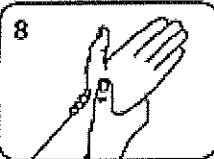
6

Rub each thumb clasped in opposite hand using rotational movement



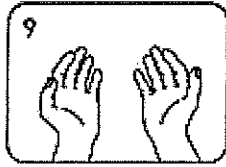
7

Rub tips of fingers in opposite palm in a circular motion




8

Rub each wrist with opposite hand



9

Once dry, your hands are safe



20 sec

www.npsa.nhs.uk/cleanyourhands

Adapted from World Health Organization *Guidelines on Hand Hygiene in Health Care*