### HAND CLEANING TECHNIQUES

# How to handwash?

WITH SOAP AND WATER

Wet hands with water

Apply enough soap to

cover all hand surfaces



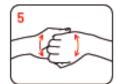
Rub hands palm to palm



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



Rub palm to palm with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlaced



Rub each thumb clasped in , opposite hand using



bub tips of fingers in opposite palm in a circular motion



turn off tap



Dry thoroughly with a single-use towel







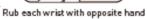


Your hands are now safe













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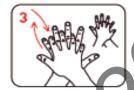
#### NHS National Patient Safety Agency

## How to handrub?

WITH ALCOHOL HANDRUB



Rub hands palm to palm



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



Rub palm to palm with fingers interlaced



Rub with backs of fingers to opposing palms with fingers interlaced



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



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www.npsa.nhs.uk/cleanyourhands

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

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

