

Social Hand Washing:

For routine hand washing, liquid soap and water is adequate, using the technique described

Aseptic Hand Washing:

(Invasive Therapy)

After hand washing, apply sufficient skin sanitiser to completely cover the hands. Rub in until the alcohol has evaporated using the technique described

Remember:

1. Keep nails short and clean
2. Wet hands first under running water
3. Hand wash for 10-15 seconds
4. Pay particular attention to thumbs, fingertips and between fingers
5. Rinse thoroughly under running water
6. Dry thoroughly
7. Apply conditioning cream regularly

Hand Hygiene Product Application Guide

Follow these simple steps when washing, sanitising or applying moisturising cream.



① Rub palm to palm



② Palm to palm, fingers interlocked and around wrists



③ Palm to back of hand & round wrist



④ Finger tips and back of fingers into palm



⑤ Thumbs clasped in palm



⑥ Clasped fingers into palms

NB. When using hand cleansers, wet hands before applying washing agent.
Don't forget to wash wrists as well before rinsing and drying thoroughly.



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