How to handrub
WITH ALCOHOL HANDRUB

1a. Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces
1b. Rub hands palm to palm

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

Hand Cleaning Technique

20-30 sec

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

www.publichealth.hscni.net
www.hscboard.hscni.net
www.dhsspsni.gov.uk/cleanyourhands.htm
How to Handwash
WITH SOAP AND WATER

0. Wet hands with water
1. Apply enough soap to cover all hand 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. Rinse hands with water
10. Use elbow to turn off tap
11. Dry thoroughly with a single-use towel
12. Your hands are now safe

Your hands are now safe after 40-60 seconds of washing.

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

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