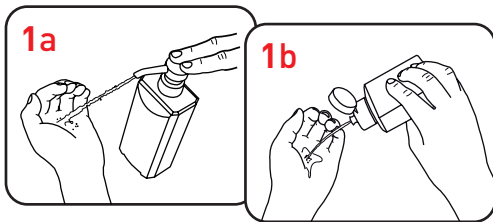
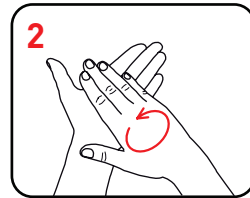


HAND CLEANING TECHNIQUE

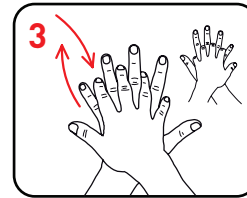
How to handrub WITH ALCOHOL HANDRUB



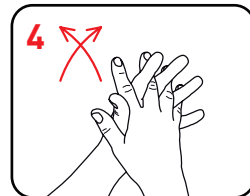
Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces



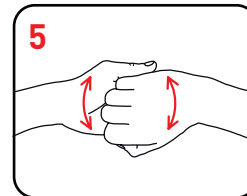
Rub hands palm to palm



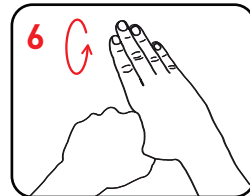
Rub back of each hand with the palm of other hand with fingers interlaced



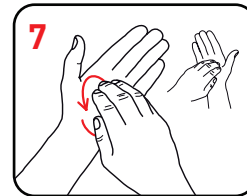
Rub palm to palm with fingers interlaced



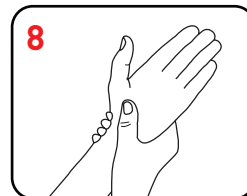
Rub with backs of fingers to opposing palms with fingers interlaced



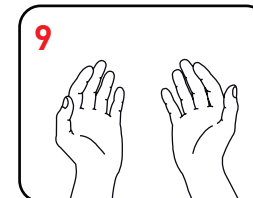
Rub each thumb clasped in opposite hand using rotational movement



Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Once dry, your hands are safe

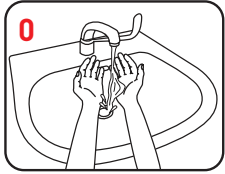


20-30 sec

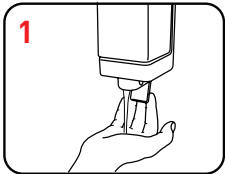
HAND CLEANING TECHNIQUE

How to handwash

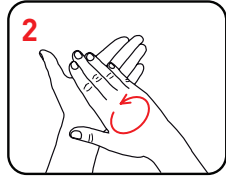
WITH SOAP AND WATER



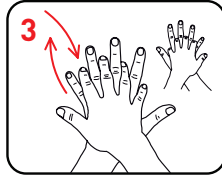
Wet hands with water



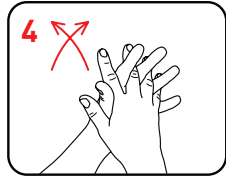
Apply enough soap to cover all hand surfaces



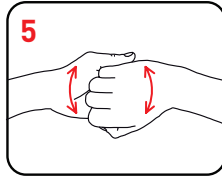
Rub hands palm to palm



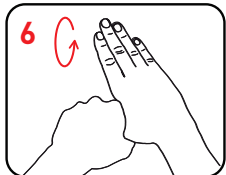
Rub back of each hand with the palm of other hand with fingers interlaced



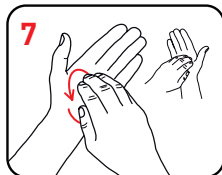
Rub palm to palm with fingers interlaced



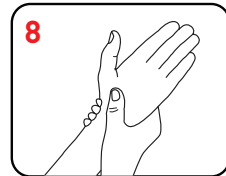
Rub with backs of fingers to opposing palms with fingers interlaced



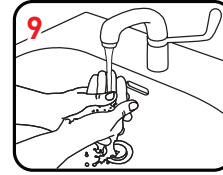
Rub each thumb clasped in opposite hand using rotational movement



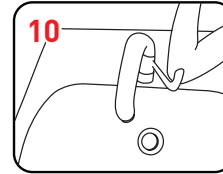
Rub tips of fingers in opposite palm in a circular motion



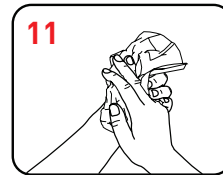
Rub each wrist with opposite hand



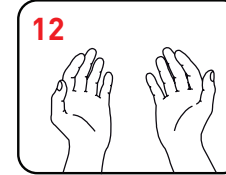
Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Your hands are now safe

40-60 sec

www.publichealth.hscni.net
www.hscboard.hscni.net
www.dhsspsni.gov.uk/cleanyourhands.htm

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