

HAND CLEANING TECHNIQUE

How to handwash

WITH SOAP AND WATER



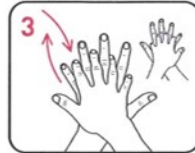
Wet hands with water



Apply enough soap to cover all hand surfaces



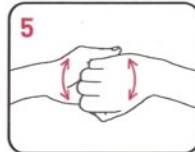
Rub hands palm to palm



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



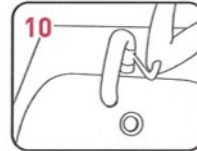
Rub tips of fingers in opposite palm in a circular motion



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*


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 campaign

 Public Health Agency

 Health and Social Care Board

 **DHSSPS**
 Department of Health, Social Services and Public Safety
www.dhssps.gov.uk

 **NHS**
 National Patient Safety Agency