



Have you washed your hands correctly?

Hand Hygiene Guide

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

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.

Seek medical advice if you suffer from skin conditions such as eczema.

Cover up breaks in the skin with waterproof dressings.

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



Rub Palm to Palm.



Palm to palm, fingers interlocked and around wrists



Palm to back of hand & round wrist



Finger tips and back of fingers into palm



Thumbs clasped in palm



Clasped fingers into palms