

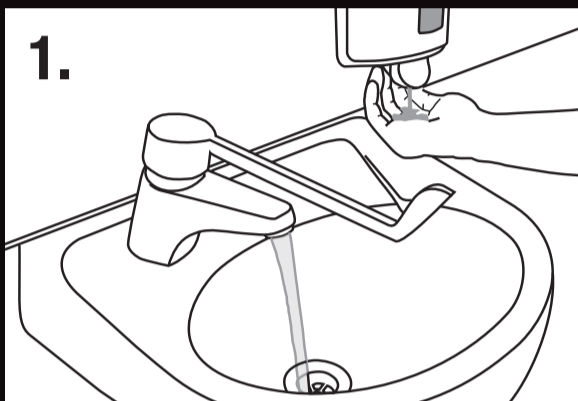
HOW TO HAND WASH

HAND HYGIENE
IT'S BLACK & WHITE

WASH HANDS WHEN VISIBLY SOILED, AFTER CONTACT WITH PATIENTS WHO HAVE DIARRHOEA OR VOMITING, OR WHEN ADVISED TO DO SO. ALCOHOL BASED HAND RUB CAN BE USED AT ALL OTHER TIMES.

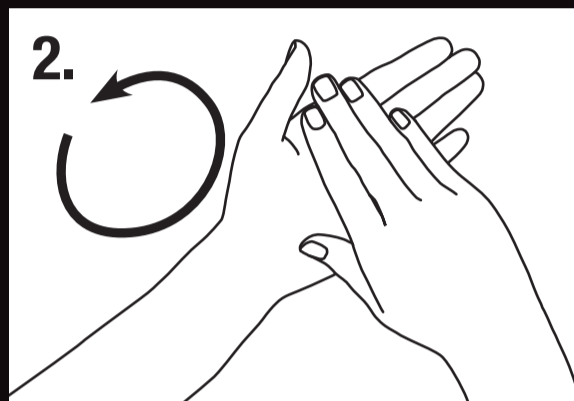


Duration of the entire procedure: about 40-60 sec.



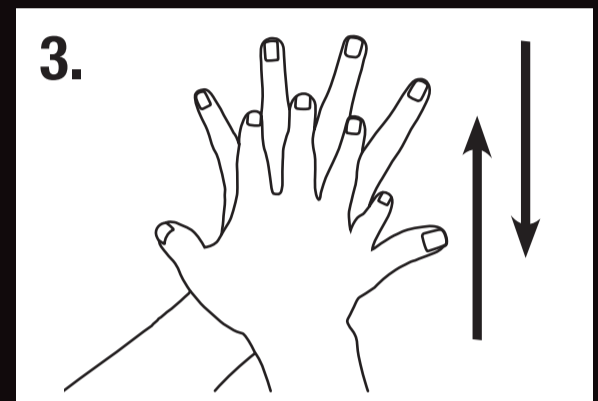
1.

Wet hands with water and apply enough soap to cover all hand surfaces.



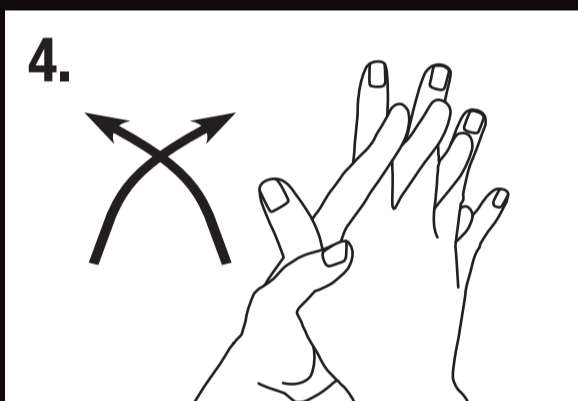
2.

Rub hands palm to palm, up to and including wrists.



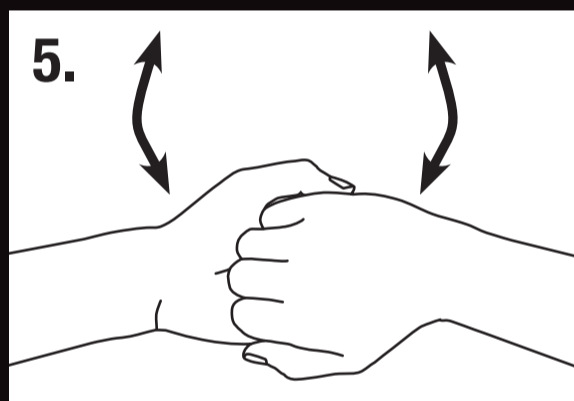
3.

Right palm over back of left with linked fingers and vice versa.



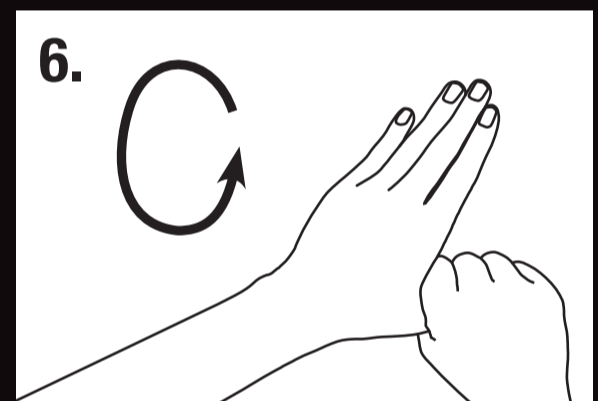
4.

Palm to palm with fingers linked.



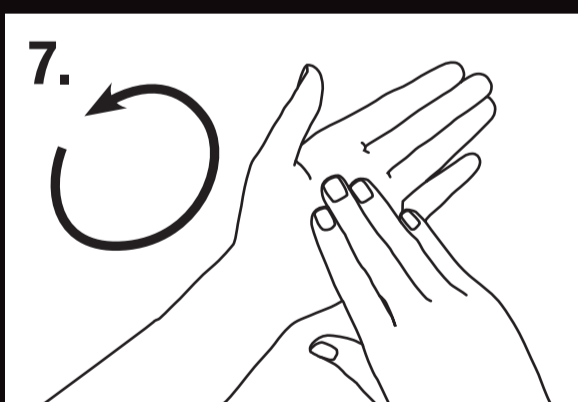
5.

Backs of fingers to opposing palms with fingers interlocked.



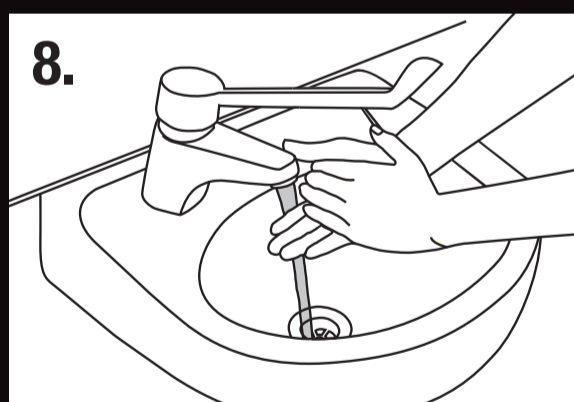
6.

Rotational rubbing of left thumb held in right palm and vice versa.



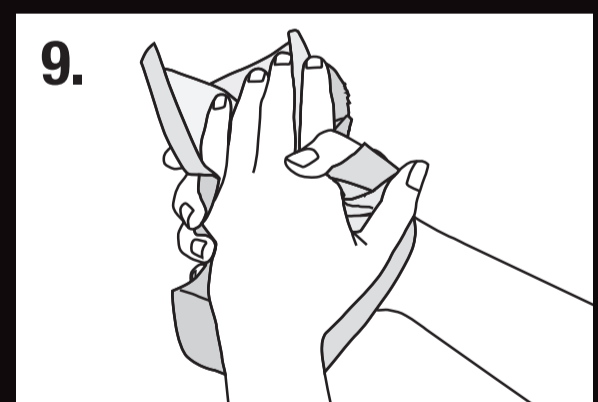
7.

Rotational rubbing firmly, with closed fingers of right hand in left palm and vice versa.



8.

Rinse hands well with water.



9.

Dry hands with a paper towel.

WAIT! HAVE YOU:

- Removed all wrist and hand jewellery other than a wedding band?
- Been using a hand lotion regularly to prevent dry, cracked hands. i.e. before and after work and before breaks?
- Covered minor cuts and abrasions on hands and arms with a waterproof dressing before starting work?
- Contacted occupational health and safety if you have any dermatitis, skin allergies or infected lesions on your arms or hands?

