

# HAND HYGIENE - HANDWASHING

Wash hands when visibly soiled. Apply sanitizer if they are not visibly soiled.

Recommended duration of the entire procedure: 40-60 seconds.



1. Wet hands with water;



2. Apply enough soap to cover all hand surfaces;



3. Rub hands palm to palm;



4. Right palm over left dorsum with interlaced fingers and vice versa;



5. Palm to palm with fingers interlaced;



6. Backs of fingers to opposing thumbs with fingers interlocked;



7. Rotational rubbing of left thumb clasped in right palm and vice versa;



8. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



9. Rinse hands with water;



10. Dry hands thoroughly with a single use tow-



11. Use towel to turn off faucet;



12. Your hands are now safe.

## Please remember

Do not routinely wash hands with soap and water immediately before or after using an alcohol-based hand sanitizer.

After hand sanitizing or handwashing, let your hands dry completely before putting on gloves.

If the door is closed, use a single use towel to open it.

