

recommended hand washing technique

PREPARATION



Remove hand and wrist jewellery (wedding band allowed.)
N.B. Keep nails short.



Wet hands thoroughly under running water.



Apply 5ml of soap/antiseptic soap to cupped hand by pressing dispenser with heel of hand. (Do not use finger tips on the dispenser)

HANDWASHING - process takes at least 15 seconds



Wash hands and rub palm to palm 5 times



Rub right palm over the back of the left hand up to wrist level 5 times. do the same with the other hand.



With right hand over back of left hand rub fingers 5 times. Do same with other hand.



Rub palm to palm with the fingers in interfaced.



Wash thumbs of each hand separately using a rotating movement



Rub the tips of the fingers against the opposite palm using a circular motion. Also ensure nail beds are washed.



Rinse hands thoroughly under running water to remove all traces of soap.



Turn off taps using elbows.



Dry hands completely using a disposable paper towel.



Discard paper towel in waste bin. Open bin using foot pedal only to avoid contaminating clean hands.