

HAND HYGIENE

1



Palms

2



Backs

3



Between Fingers

4



Thumbs & Webs

5



Knuckle Grip

6



Fingertips

7



Wrists



- * Wet hands under running water and then dispense one dose of liquid soap/ antiseptic onto hands.
- * Wash vigorously for 15 seconds. Following steps 1 - 7 without adding more water.
- * Ensure hands are well rinsed.
- * Dry hands thoroughly with paper towel and turn off taps with elbows or paper towel.
- * Dispose of towel in bin. Always use the foot operated pedal and not your hand to open bin.
- * Apply hand cream regularly.