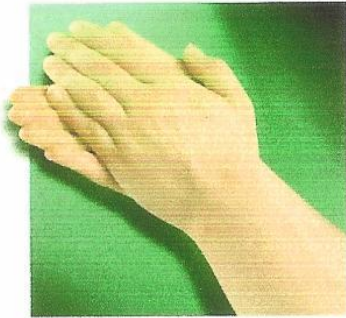


## Hand washing techniques

Wet both hands before application of soap (liquid is preferable). Follow the technique below for 15 – 30 seconds ensuring that each step consists of at least three strokes backwards and forwards.

### Step 1

Rub palm to palm



### Step 2

Right palm over back of left hand and left palm over back of right hand



### Step 3

Palm to palm, with bent and spread out fingers



### Step 4

Backs of fingers to opposing palms with fingers interlocked



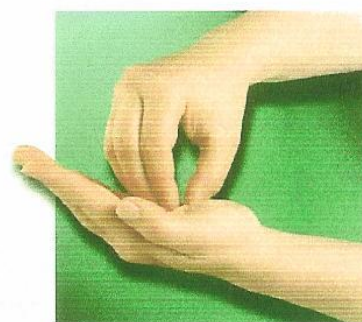
### Step 5

Circular rubbing of left thumb in closed right hand and vice versa



### Step 6

Circular rubbing, backwards and forwards with closed right hand fingertips in left palm and vice versa.



**Finally, rinse and dry hands thoroughly**

Special attention should be paid to fingertips, thumbs and other areas of hands likely to contact a contaminated site. Hands should be rinsed in clean water. Care should be taken to dry the skin with paper towels to avoid skin damage. If frequent washing has been performed hand cream should be applied at the end of duties to prevent skin desiccation and cracking.