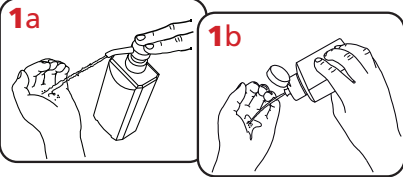


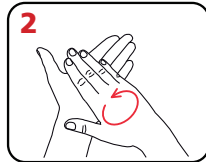
# HAND CLEANING TECHNIQUES

## How to handrub?

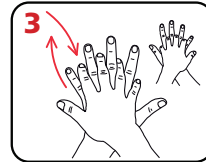
WITH ALCOHOL HANDRUB



Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces



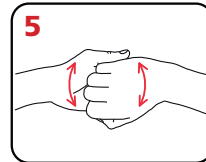
Rub hands palm to palm



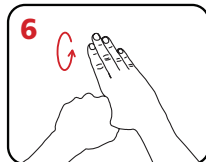
Rub back of each hand with the palm of other hand with fingers interlaced



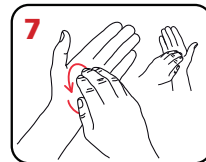
Rub palm to palm with fingers interlaced



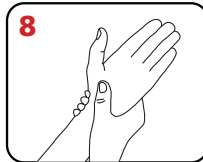
Rub with backs of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using rotational movement



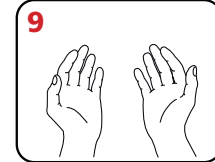
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand

University Hospitals  
Birmingham

NHS Foundation Trust

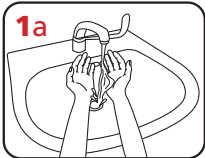


Once dry, your hands are safe

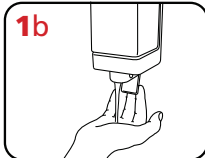


## How to handwash?

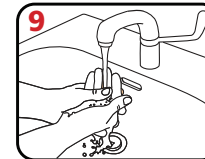
WITH SOAP AND WATER



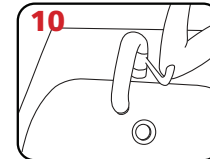
Wet hands with water



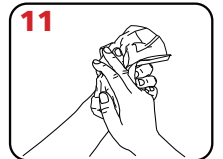
Apply enough soap to cover all hand surfaces



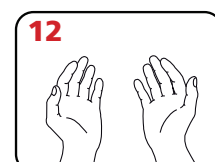
Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel



Your hands are now safe



Adapted from WHO World Alliance for Patient Safety 2006

**Hands must be cleaned before and after every patient contact**