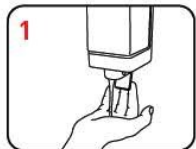


HAND HYGIENE TECHNIQUE FOR STAFF

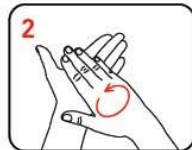
Using liquid soap and warm water



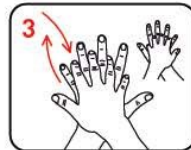
0
Wet hands under warm running water



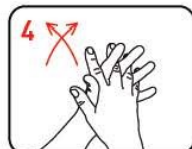
1
Apply enough liquid soap to cover all hand surfaces



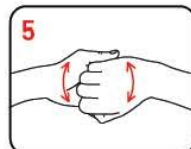
2
Rub hands palm to palm in a circular action



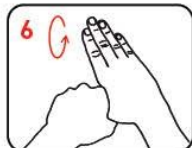
3
Rub back of each hand with the palm of other hand with fingers interlaced



4
Rub palm to palm with fingers interlaced



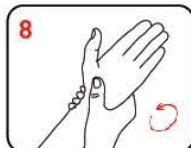
5
Rub backs of fingers to opposing palms with fingers interlocked



6
Rub each thumb clasped in opposite hand using a rotational action



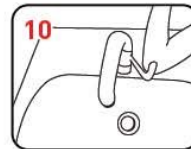
7
Rub tips of fingers in opposite palm in a circular action



8
Rub each wrist with opposite hand



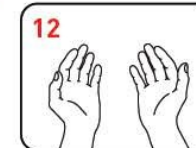
9
Rinse hands under warm running water



10
Use elbow or paper towel to turn off tap



11
Dry thoroughly with paper towels



12
Your hands are now safe

15-30 sec