Hands must be cleaned before and after every patient contact

**HAND CLEANING TECHNIQUES**

**How to handrub?**
WITH ALCOHOL HANDBRUB

1a Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces

1b

2 Rub hands palm to palm

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 with backs of fingers to opposing palms with fingers interlocked

6 Rub each thumb clasped in opposite hand using rotational movement

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

8 Rub each wrist with opposite hand

9 Once dry, your hands are safe

10 Rinse hands with water

11 Use elbow to turn off tap

12 Dry thoroughly with a single-use towel

13 Your hands are now safe

Adapted from WHO World Alliance for Patient Safety 2006