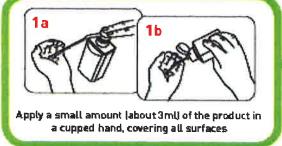
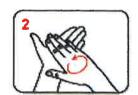
HAND CLEANING TECHNIQUES

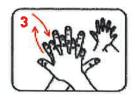
How to handrub?

WITH ALCOHOL HANDRUB





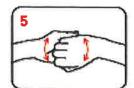
Rub hands palm to pelm



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 interlaced



Rub tips of fingers in opposite palm in a circular motion



Rub each thumb clasped in opposite hand using rotational movement



Rub each wrist with opposite hand





National Patient

Safety Agency

www.npsa.nhs.uk/cleanyourhands

Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care

