SAVE LIVES Clean Your Hands

Hand Hygiene

When and How

How to handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Ouration of the entire procedure: 20-30 seconds

Apply a palmful of the product in a cupped hand, covering all surfaces;



Rub hands palm to palm;





Right palm over left dorsum with interlaced fingers and vice versa:



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Patient Safety

A World Alliance for Safer Health Care

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Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



How to handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40-60 seconds



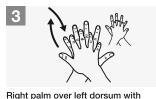
Wet hands with water



Apply enough soap to cover all hand surfaces:



Rub hands palm to palm:



interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa:



Rinse hands with water:



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.