HAND WASHING WITH HYDRO-ALCOHOLIC SOLUTION

1a. Pour the hydro-alcoholic solution into the palm of one hand, cover all surfaces of your hands and rub.

1b. Rub your palms together.

2. Put the backs of fingers facing the opposing palm - ensuring you are cleaning your nails also.

3. Put your right palm over your left hands, interfacing the fingers, ensuring between each finger is clean. Then put left over right.

4. Interlace your fingers with palm to palm.

5. Rotational rubbing of both thumbs.

6. Rotational rubbing, backwards and forwards between clasped fingers on right palm then on left.

7. Put the backs of fingers facing the opposing palm - ensuring you are cleaning your nails also.

8. Rinse your hands.

9. Use a single-use towel to dry your hands and use that towel to turn off the tap.

10. Turn off the faucet using the towel.

11. Hands are clean now and can be used.

WORLD ALLIANCE FOR PATIENT SAFETY

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