## WASH HANDS 8 STEPS

## DISINFECTION AND APPROPRIATE WASHING OF THE HANDS

Wet hands and forearms. Wash with 5 ml alcohol based preparations or antiseptic detergent using the following procedure, each step consisting of five strokes backwards and forwards. Please remember to close tap when lathering your hands to conserve and save water.


Fold fingers together and wash bottom of fingers.



Make a fist and turn it, washing the middle of each hand.


Place one hand on top of other and wash between fingers and back of hands, repeat other hand.



Put the fingers together in a point and wash in middle of hands.


Wash the thumb inside and the top of the index finger.

## WASH YOUR HANDS

FIRST THING - LAST THING

Soap contact whilst washing hands for 20 seconds following the 8 steps.

