

WASH HANDS 8 STEPS

DISINFECTION AND APPROPRIATE WASHING OF THE HANDS

Wet hands and forearms. Wash with 5ml alcohol based preparations or antiseptic detergent using the following procedure, each step consisting of five strokes backwards and forwards.



1
Lather hands,
cover all areas.



2
Make a fist and turn it,
washing the middle of each hand.



3
Put the fingers together in a point
and wash in middle of hands.



4
Fan one hand, while horizontally
washing bottom of fingers.



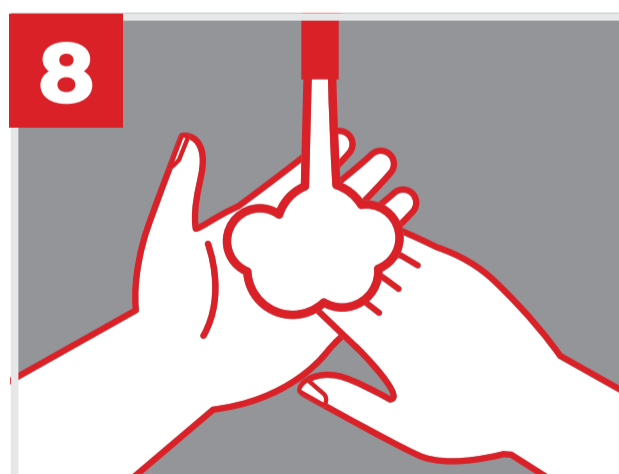
5
Place one hand on top of other
and wash between fingers and
back of hands, repeat other hand.



6
Wash thumb side and
connection to thumbs.



7
Wash wrists.



8
Rinse hands under
running water.



Continue washing hands and
wrists until one minute has lapsed,
rinse hands and dry.