

# Correct technique for hand washing and application of alcohol rub



1. Wet hands and apply one measure of soap\*



2. Rub palm to palm



3. Right palm over back of left hand and vice versa



4. Palm to palm, fingers interlaced



5. Rotate right hand around left thumb and vice versa



6. Rub back of fingers to opposing palms



7. Rotate left hand around right wrist and vice versa



8. Rinse hands and dry thoroughly\*

For soap application, steps 2 - 7 should last 10-15 seconds, without adding further water.

**\*For alcohol hand rub/gel: omit steps 1 and 8 and keep rubbing until fully evaporated.**

Designed and approved by the Department of Infection Prevention & Control (2015)

## Hand cream

Apply covering all surfaces of the hands, when going for a break, when going off duty and any other opportunity when the cream will have time to absorb. If you experience skin problems, seek advice from the Occupational Health Department