How to handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a Apply a palmful of the product in a cupped hand, covering all surfaces;
1b Right palm over left dorsum with interlaced fingers and vice versa;
2 Palm to palm with fingers interlaced;
3 Backs of fingers to opposing palms with fingers interlocked;
4 Rotational rubbing of left thumb clasped in right palm and vice versa;
5 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
6 Once dry, your hands are safe.

How to handwash?

Duration of the entire procedure: 40-60 seconds

1 Wet hands with water;
2 Apply enough soap to cover all hand surfaces;
3 Right palm over left dorsum with interlaced fingers and vice versa;
4 Palm to palm with fingers interlaced;
5 Backs of fingers to opposing palms with fingers interlocked;
6 Rotational rubbing of left thumb clasped in right palm and vice versa;
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;
8 Rinse hands with water;
9 Dry hands thoroughly with a single use towel;
10 Use towel to turn off faucet;
11 Your hands are now safe.
Clean hands are safer hands. Are yours clean?

**When?**

**1. BEFORE TOUCHING A PATIENT**

**WHEN?** Clean your hands before touching a patient when approaching him/her.

**WHY?** To protect the patient against harmful germs carried on your hands.

**2. BEFORE CLEAN/ASEPTIC PROCEDURE**

**WHEN?** Clean your hands immediately before performing a clean/aseptic procedure.

**WHY?** To protect the patient against harmful germs, including the patient’s own, from entering his/her body.

**3. AFTER BODY FLUID EXPOSURE RISK**

**WHEN?** Clean your hands immediately after an exposure risk to body fluids (and after glove removal).

**WHY?** To protect yourself and the health-care environment from harmful patient germs.

**4. AFTER TOUCHING A PATIENT**

**WHEN?** Clean your hands after touching a patient and her/his immediate surroundings, when leaving the patient’s side.

**WHY?** To protect yourself and the health-care environment from harmful patient germs.

**5. AFTER TOUCHING PATIENT SURROUNDINGS**

**WHEN?** Clean your hands after touching any object or furniture in the patient’s immediate surroundings, when leaving – even if the patient has not been touched.

**WHY?** To protect yourself and the health-care environment from harmful patient germs.