

# The Steps to Effective Hand Hygiene

## Hand Washing

1.

Wet hands



2.

Dose with antibacterial hand soap



3.

Wash hands thoroughly



Work lather over all parts of the hands as shown

4.

Rinse hands thoroughly



Remove all traces of lather

5.

Dry hands



You should now have achieved satisfactory hand hygiene

## Disinfection

6.

Dose with alcoholic disinfectant rub



Rub hands for 30 seconds until alcohol evaporates