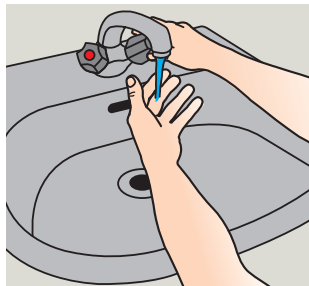


The correct hand-washing technique

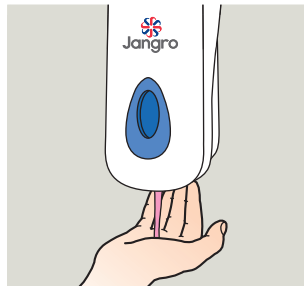
Task Card



Professional



1 Remove any jewellery from hands and wrists to allow effective cleaning. Wet hands with clean water.



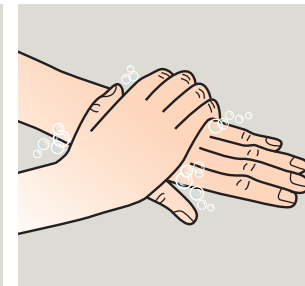
2 Apply enough cleanser to ensure it produces a good thick lather.



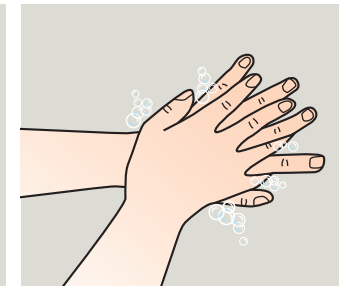
3 Rub hands to produce lather.



4 Palm to palm.



5 Right palm over the back of the left hand and vice versa.



6 Intertwine the fingers of the right hand over the left and vice versa. Pay particular attention to the areas between fingers and finger nails.



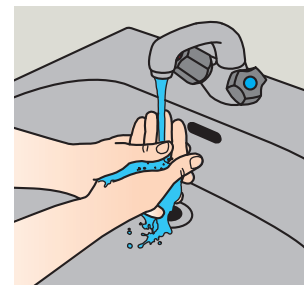
7 Rotationally rub backwards and forwards with clasped fingers of the right hand in the left palm. Change hands and repeat.



8 Rotationally rub the right thumb clasped in the left palm, change hands and repeat.



9 Grip the left wrist and work cleanser into the skin. Do the same with the right wrist.



10 Rinse off all traces of lather with clean water.



11 Dry hands thoroughly with a disposable paper towel.



12 Discard paper towel in waste bin, avoid touching the bin.



Ensure any cuts and abrasions are covered with a clean waterproof plaster.