



# Please take responsibility for **preventing infection**

Use the following technique to clean your hands when hand washing or using sanitiser to stop the spread of infections.

**Remember to wet your hands before applying soap and rinse and dry them.**



Rub palm to palm.



Rub left palm over right dorsum with fingers interlaced then vice versa.



Rub palm to palm with fingers interlaced.



Rub backs of fingers in opposing palms with fingers interlocked.



Rotational rubbing of left thumb clasped in right palm, then vice versa.



Rotational rubbing, backwards and forwards with clasped fingers of left hand in palm of right and vice versa.

**Remember to include cleaning of your wrists.**



I'm not a clinical person, so when should I wash my hands?

## **5 Moments for Hand Hygiene for everyone**

- On entry to a clinical care environment
- Before eating and drinking
- After using toilet facilities
- Before and after handling shared keyboards/equipment
- After contact with a clinical/care user environment