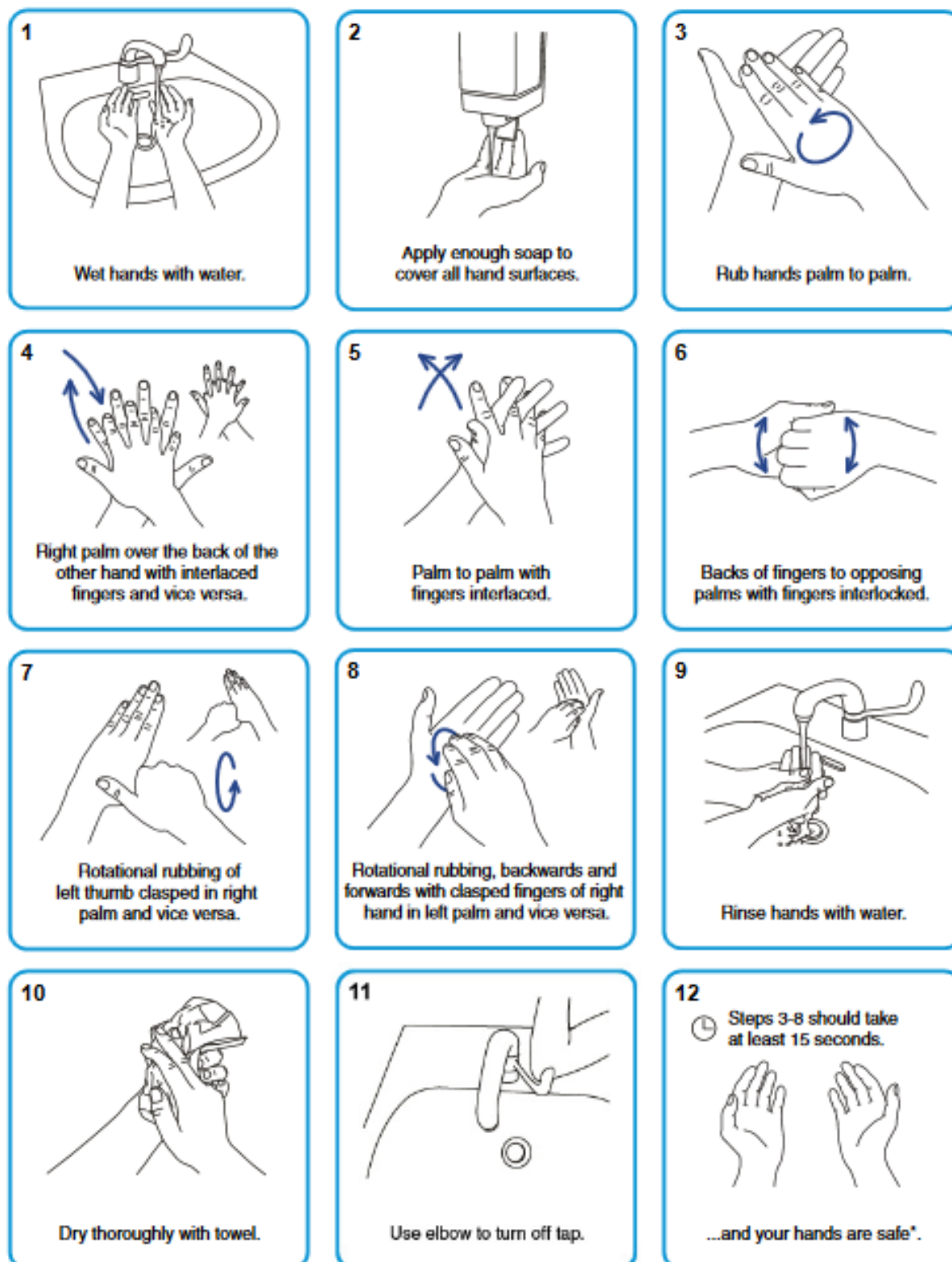


Appendix 1 - How to hand wash step by step images

Steps 3-8 should take at least 15 seconds.



*Any skin complaints should be referred to local occupational health or GP.



Tips for washing hands with liquid soap and warm running water

Where you use liquid soap to wash your hands always:


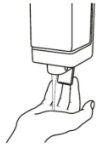
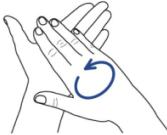
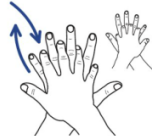



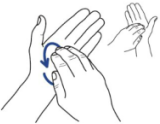


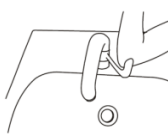
- **Wet** your hands under running water before applying the product.
- **Lather** the product covering all areas of your hands.
- **Rinse** well under running water.
- **Dry** your hands thoroughly by **patting** with soft disposable towels.
- Follow the manufacturer's instructions on quantity, application and usage, one depression of the plunger should be enough.



Handy Tips

- Wetting your hands first prevents them from becoming dry, painful and irritated which will stop you from performing hand hygiene again. **You wouldn't apply shampoo to dry hair before washing it.**
- If you don't get a good lather you might not have wet your hands enough before applying the product.
- Don't touch the sides of the sink when washing your hands as you will pick up micro-organisms.
- Rinse your hands well before drying them **(you wouldn't dry your hair without rinsing it).**
- Sing "Happy Birthday" twice. This is how long it should take you to wash your hands.
- **Wash your hands after removing disposable gloves as there is a body fluid risk.**
- Keep the soap and towel dispensers topped up. It's frustrating for staff when they are empty and they might miss out on hand hygiene.



| Steps in washing your hands | | Why it's important |
|---|--|--|
|  <p>1. Wet hands with warm water.</p> | | This prevents sore hands and helps lather. |
|  <p>2. Single application of liquid soap.</p> | | This is a detergent to remove transient micro-organisms. |
|  <p>3. Rub hands palm to palm.</p> | | This prepares the palm for washing your fingertips and covers a wide area in contact with people and the environment. |
|  <p>4. Palm over the back of hand interlace fingers.</p> | | The webs between the fingers are danger points for micro-organisms and are often missed during hand hygiene. |
|  <p>5. Palm to palm fingers interlaced.</p> | | The webs between the fingers are danger points for micro-organisms and are often missed during hand hygiene. |
|  <p>6. Back of fingers to opposing palms with fingers interlocked.</p> | | The fingertips frequently touch people and the environment and can spread micro-organisms. |
|  <p>7. Rotational rubbing of thumbs.</p> | | The thumb is a danger points for micro-organisms and are often missed during hand hygiene. |
|  <p>8. Fingertips cleaning palms.</p> | | The fingertips frequently touch people and the environment and can spread micro-organisms. |
|  <p>9. Rinse with warm water.</p> | | To remove the soap and to prevent sore hands and skin irritation. |
|  <p>10. Dry thoroughly with paper towels.</p> | | To remove moisture in which micro-organisms can multiply. |
|  <p>11. Turn off tap.</p> | | You have completed your hand washing. Turn off with your elbow or a paper towel to avoid picking up micro-organisms on your clean hands. |

> Topic 2:

How to perform hand hygiene

Hand hygiene using Alcohol Based Hand Rub (ABHR)



The **way** you apply ABHR is just the same as hand washing. Watch the video to see how to correctly apply ABHR to your hands. **The duration of the process should be 20-30 seconds.**



Access the following downloads:

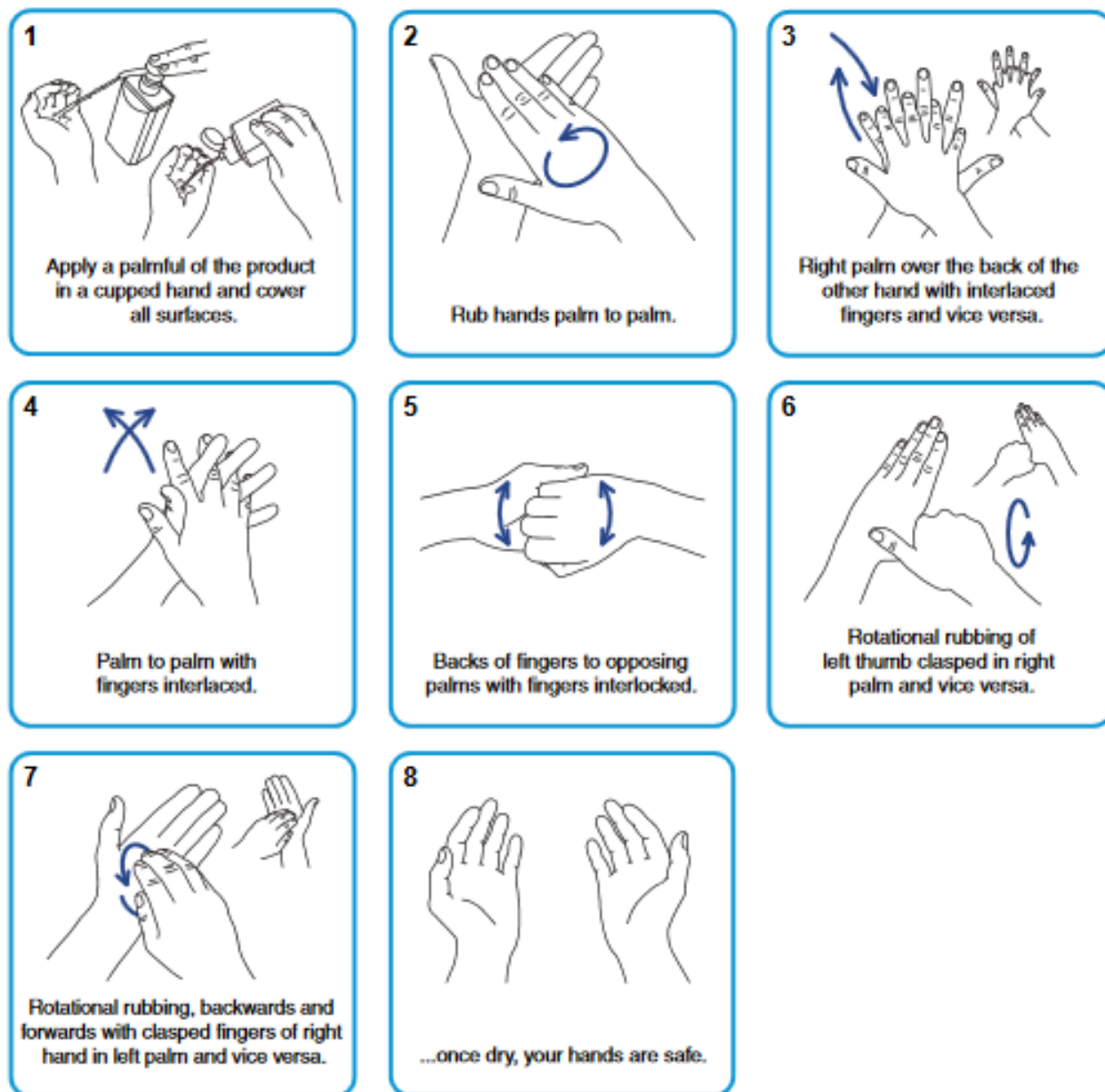
- **How to hand rub step by step images** from the Appendices in the [National Infection Prevention and Control Manual](#).
- [Tips for Hand Hygiene Using Alcohol Based Hand Rub \(ABHR\)](#).



Are you as good at applying ABHR as you think you are? Could you do better having watched the video?

Appendix 2 - How to handrub step by step images

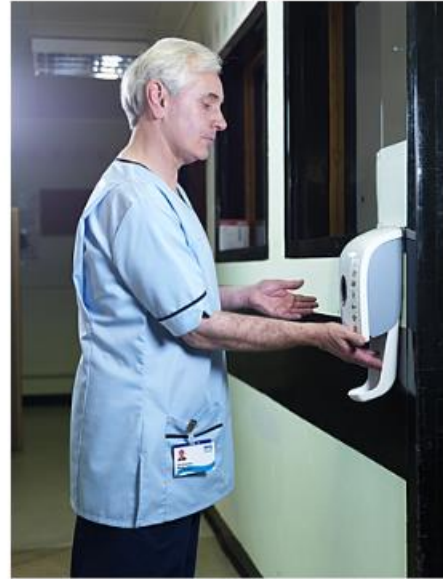
Duration of the process: 20-30 seconds.



Tips for hand hygiene using Alcohol Based Hand Rub (ABHR)

Where you use ABHR you should **always**:

- Make sure that it is **appropriate** to use it. It should **not** be used when in contact with someone (or their environment) with a diarrhoeal infection, e.g. *Clostridium difficile* or Norovirus, or if your hands are visibly soiled or dirty.
- **Use the same technique** as hand washing to cover all surfaces of your hands when you use Alcohol Based Hand Rubs/gels, continuing for 20-30 seconds until your hands are dry.
- Make sure your hands are dry (do not use towels) before contact with others or the environment.
- Follow the manufacturer's instructions on quantity, application and usage. One depression of the plunger should be enough.



Handy Tips

- It is good practice to wash your hands with liquid soap and water after several consecutive applications of ABHR to prevent build-up of product.
- You know you have build-up when your hands become sticky or gritty.
- Follow the manufacturer's health and safety instructions on hazards and storage.
- Encourage the public to use ABHR before and after entering wards at visiting times.
- If you work in community settings or with people who may drink the ABHR, keep your own personal dispenser attached to your uniform.