

Good Handwashing Technique:

Removing all dirt and contaminants from the skin is extremely important. Hands and other soiled parts of the body should be cleaned at least at the end of each work period, prior to breaks, or when visiting the toilet.

The correct method of cleaning is also important. Developing a good hand washing technique is imperative to ensure hands are thoroughly clean. Particular attention should be paid to the backs of the hands and fingertips as these are frequently missed.

It is usual to wet hands before dispensing a dose of soap into a cupped hand, however for heavily soiled hands it is advisable to apply the appropriate specialist hand cleanser directly to the skin before wetting. In all cases, it is important to follow the manufacturer's recommended instructions. HAND WASHING:

1. Rub palm to palm

2. Rub palm over back of hand
Fingers interlaced.

3. Palm to palm
Fingers interlaced.



4. Fingers interlocked into palms. 5. Rotate rubbing of thumb 6. Rotational rubbing of clasped into palm.
Fingers into palm.

