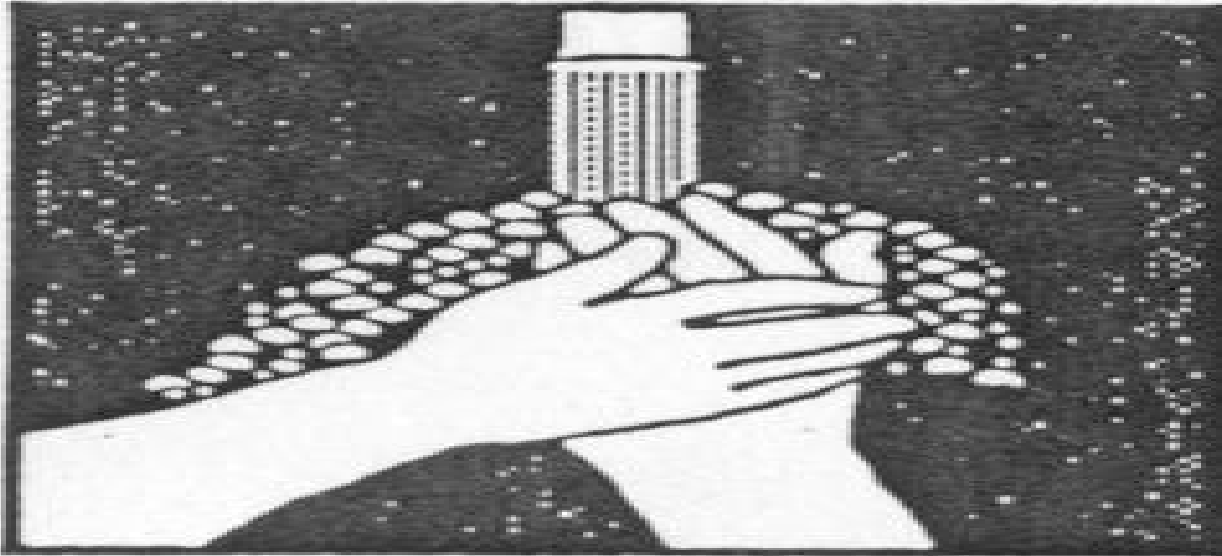


Technique: Hand Washing



Alcohol Containing Handrubs/Gels

- Use when hands are not soiled with dirt or organic material
- Cover all surfaces with a sufficient amount
- Rub hands vigorously 10-15 seconds

Purpose: To remove dirt, organic material, and microorganisms

Steps To Successful Hand Washing

1. Wet hands with running water.
2. Apply a hand washing agent (soap) and distribute thoroughly all over hands (front, back, between fingers, etc.)
3. Vigorously rub hands together for at least 10 to 15 seconds, generating friction on all surfaces of the hands and fingers.
4. Hands should be thoroughly rinsed to remove residual soap and then dried
5. A paper towel should be used to turn off the faucet to avoid recontaminating the hands

