



# HAND WASHING

## PREVENT THE SPREAD OF INFECTION

Proper hand hygiene is the number one way to reducing the risk of infection. It's important to wash hands frequently and properly with soap and water for at least 20 seconds.



Recommended by the



- ✓ Soap and water is the best and preferred method of correct hand hygiene
- ✓ Hands should be washed for at least 20 seconds. An easy way to keep you on track is to sing Happy Birthday twice.
- ✓ An acceptable alternative to hand washing is to use an alcohol based sanitiser, with at least 60% alcohol. When possible use hand washing as the preferred method.
- ✓ If using hand sanitiser hands should be rubbed together until the product has fully dried.



**01.** Wet hands under running water



**02.** Apply soap and rub palms together to ensure complete coverage



**03.** Spread the soap over the back of the hands



**04.** Make sure the soap gets in between the fingers



**05.** Grip the fingers on each hand



**06.** Pay particular attention to the thumbs



**07.** Press fingertips into the palm of each hand



**08.** Dry thoroughly with a disposable paper towel

**merry maids**