

The Steps to Effective Hand Hygiene

Hand Washing

Disinfection

1	2	3	4	5	6
<p>Wet hands</p> 	<p>Dose with antibacterial hand soap</p> 	<p>Wash hands thoroughly</p> 	<p>Rinse hands thoroughly</p>  <p>Remove all traces of lather</p>	<p>Dry hands</p>  <p>You should now have achieved satisfactory hand hygiene</p>	<p>Dose with alcoholic disinfectant rub</p>   <p>Rub hands for 30 seconds until alcohol evaporates</p>

Work lather over all parts of the hands as shown