



## Hand washing

Prevent the spread of colds or flu this winter with regular hand washing.

It's the most effective means of preventing the spread of infection.

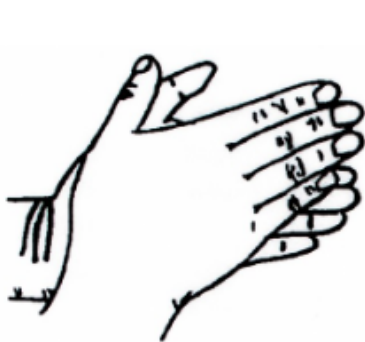
The following **7 steps** for good hand washing are:

**Step 1:** Turn on taps; adjust water temperature to desired heat.

**Step 2:** Wet hands under running water.

**Step 3:** Apply soap to palm of hand.

**Step 4:** Ensure contact of soap with all surfaces, refer to the following



a) Palm to palm



b) Right palm over left back of hand and vice versa



c) Palm to palm fingers interlaced.



d) Backs of fingers to opposing palms with fingers interlocked



e) Rotational rubbing of right thumb clasped in left palm and vice versa



f) Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

Hand washing technique  
(Aycliffe et al, 1978, Lawrence 1985)

**Step 5:** Rinse hands thoroughly.

**Step 6:** Dry hands thoroughly with clean towel or paper towel

**Step 7:** Where possible turn taps off with elbows or paper towel (avoid hand contact with taps and door handles).

**NB** Any broken skin areas should be covered with a dressing.