

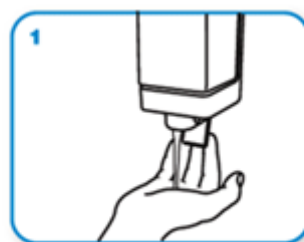


# Hand Washing

Health professionals can often underestimate the importance of hand hygiene compliance in practice due to the amount of published evidence available. Although a lot of effort has been put into improving hand hygiene, unmistakably more work is required as the literature is still suggesting that health professionals are not complying with hand hygiene guidelines. This lack of compliance is in spite of hand hygiene being the single most effective means of reducing infections.



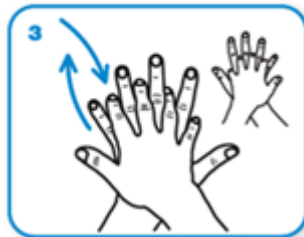
Wet hands with water



apply enough soap to cover all hand surfaces.



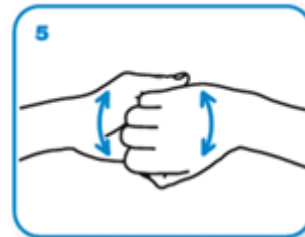
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



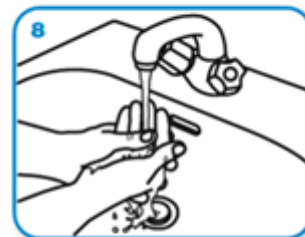
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



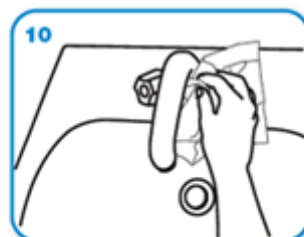
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.