



EFFECTIVE HANDCARE TECHNIQUE

Handscrubs. With soap and water

<p>Wet hands with water</p>	<p>Apply enough soap to cover all hand surfaces</p>	<p>Rub hands palm to palm</p>	<p>Right palm over the back of the other hand with interlaced fingers and vice versa</p>	<p>Palm to palm with fingers interlaced</p>	<p>Backs of fingers to opposing palms with fingers interlocked</p>
<p>Rotational rubbing of left thumb clasped in right palm and vice versa</p>	<p>Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa</p>	<p>Rinse hands with water</p>	<p>Dry thoroughly with towel.</p>	<p>Use elbow to turn off tap</p>	<p>Your hands are safe</p>

Handrubs. With alcohol-based formulation

<p>Apply a palmful of the product in a cupped hand and cover all surfaces.</p>	<p>Rub hands palm to palm</p>	<p>Right palm over left dorsum with interlaced fingers and vice versa</p>	<p>Palm to palm with fingers interlaced</p>	<p>Backs of fingers to opposing palms with fingers interlocked</p>	<p>Rotational rubbing of left thumb clasped in right palm and vice versa</p>	<p>Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa</p>	<p>Once dry, your hands are safe.</p>

For further information call or click: 08452 22 33 44 www.medicchem.co.uk

Source: World Health Organisation



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