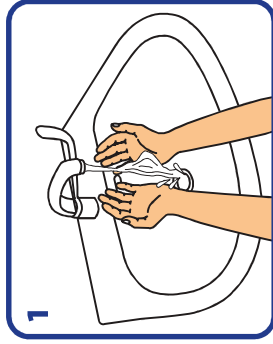


HAND WASHING TECHNIQUE WITH SOAP AND WATER

Cutan®



Wet hands with water



2A

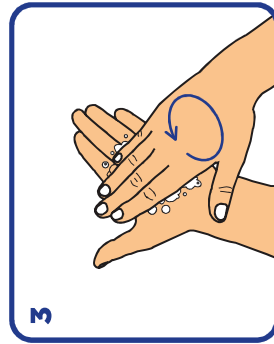
For Social hand wash:
Apply enough soap to cover surfaces of hands



2B

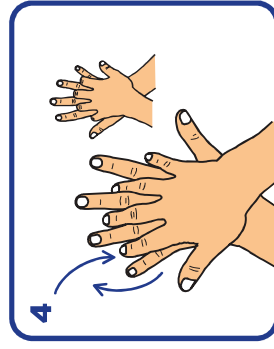
For Clinical hand wash:
Push fully twice for aseptic handwashing

Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care 2009



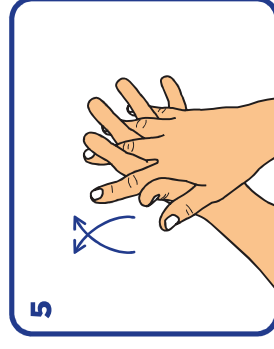
3

Rub soap into palms



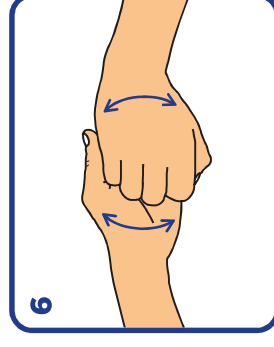
4

Rub backs of hands with fingers interlaced



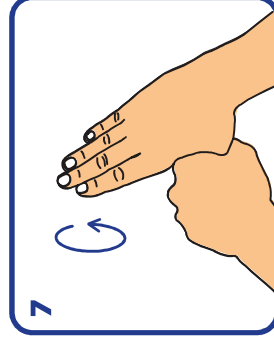
5

Rub palm to palm with fingers interlaced



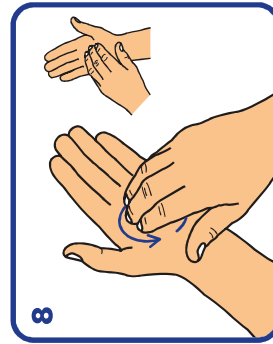
6

Work around fingers and nails



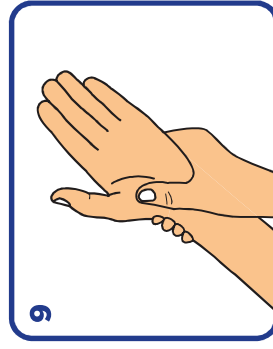
7

Rotational rubbing around thumbs



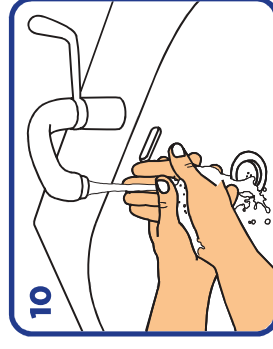
8

Scrub finger tips on palm



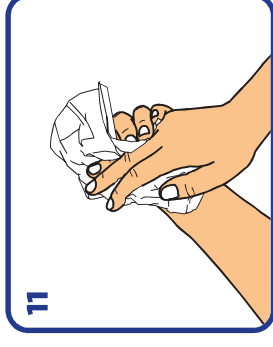
9

Rub each wrist



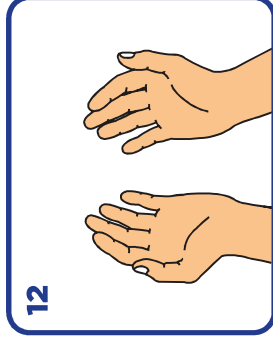
10

Rinse hands with water and turn off tap with elbow or paper towel



11

Dry thoroughly with a single-use towel



12

Social hand wash technique: 15-30 secs
Clinical hand wash technique: 40-60 secs