HAND WASHING TECHNIQUES

WHEN SCRUBBING

Remove jewellery and trim the nails

Use soap, a brush (on the nails and fingertips) and running water to clean thoroughly around and underneath the nails

Scrub your hands and arms up to the elbows
After scrubbing, hold up your arms to allow water to drip off your elbows

Turn off the tap with your elbow

AFTER SCRUBBING

Dry your hands with a sterile towel and make sure the towel does not become contaminated

Hold your hands and forearms away from your body and higher than your elbows until you put on a sterile gown and sterile gloves

Always wash your hands after removing your gloves