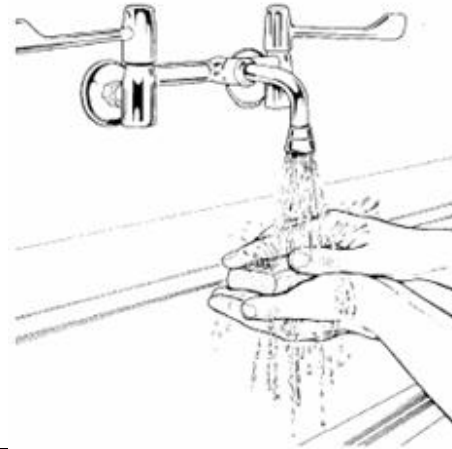


HAND WASHING TECHNIQUES

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

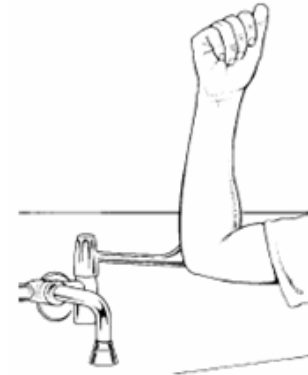


Scrub your hands and arms up to the elbows

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*