

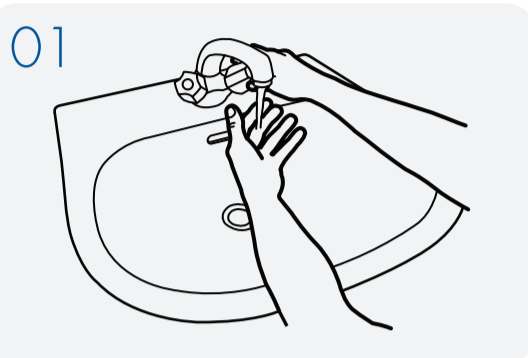
# EFFECTIVE HAND WASHING

## 12 STEPS TO COMPLETE HAND HYGIENE

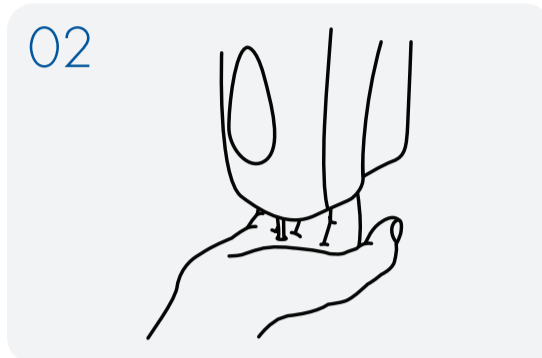
Washing your hands properly is one of the most important things you can do to help prevent and control the spread of many illnesses.

Good hand hygiene will reduce the risk of healthcare associated infections being passed from person to person.

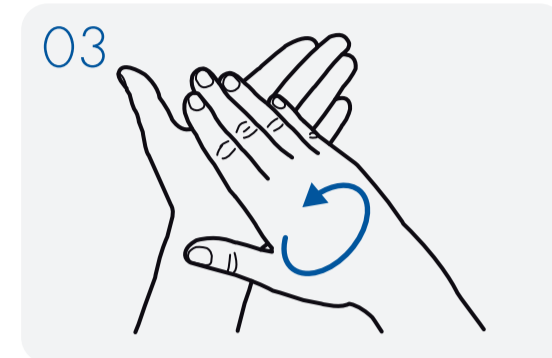
By following these 12 simple steps you will help prevent the spread of viruses and infectious bacteria.



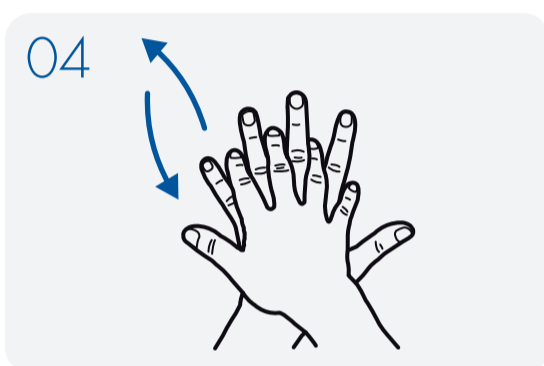
Wet hands with water



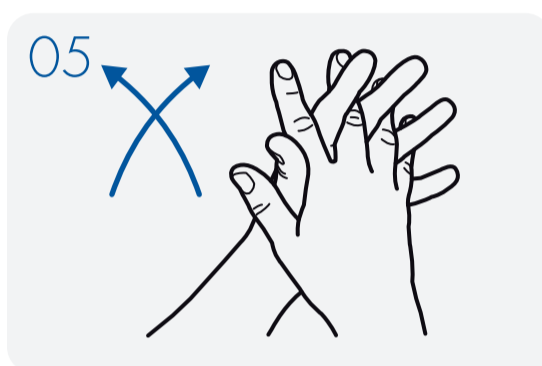
Apply a sufficient amount of soap to cover the hands



Rub hands palm to palm



Right palm over left dorsum with interlaced fingers and vice versa



Palm to palm with fingers interlaced



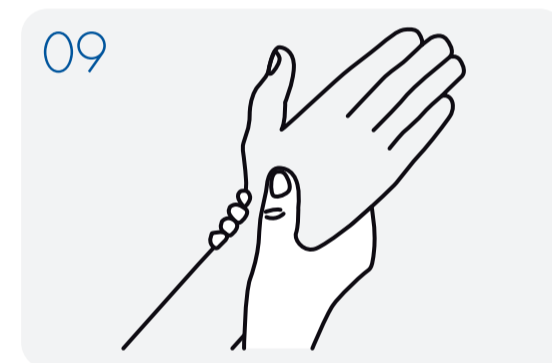
Backs of fingers to opposing palms with fingers interlocked



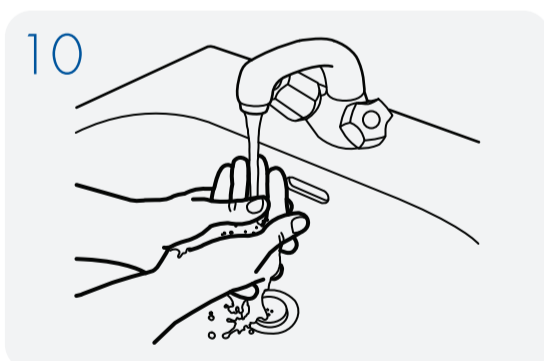
Rotational rubbing of left thumb clasped in right palm and vice versa



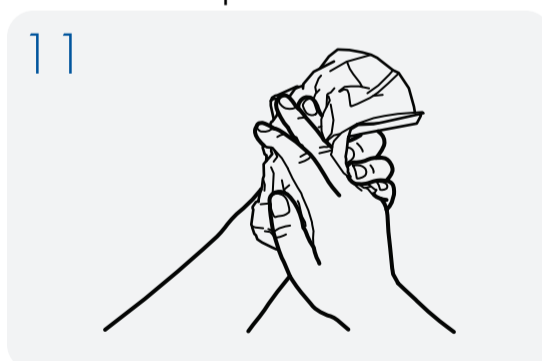
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



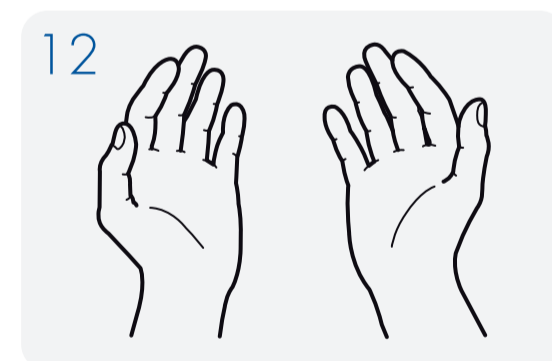
Rub each wrist with the opposite hand



Rinse hands with water



Dry hands thoroughly with a paper towel or use a modern hand dryer following manufacturers instructions.



Your hands are now dry, clean and safe

To browse our full range of hand washing products please visit our website:  
[www.cleenol.co.uk](http://www.cleenol.co.uk)

\*Use of a nail brush may help improve hand hygiene particularly in hard to reach areas under the nails.



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