

# Hand Washing Techniques

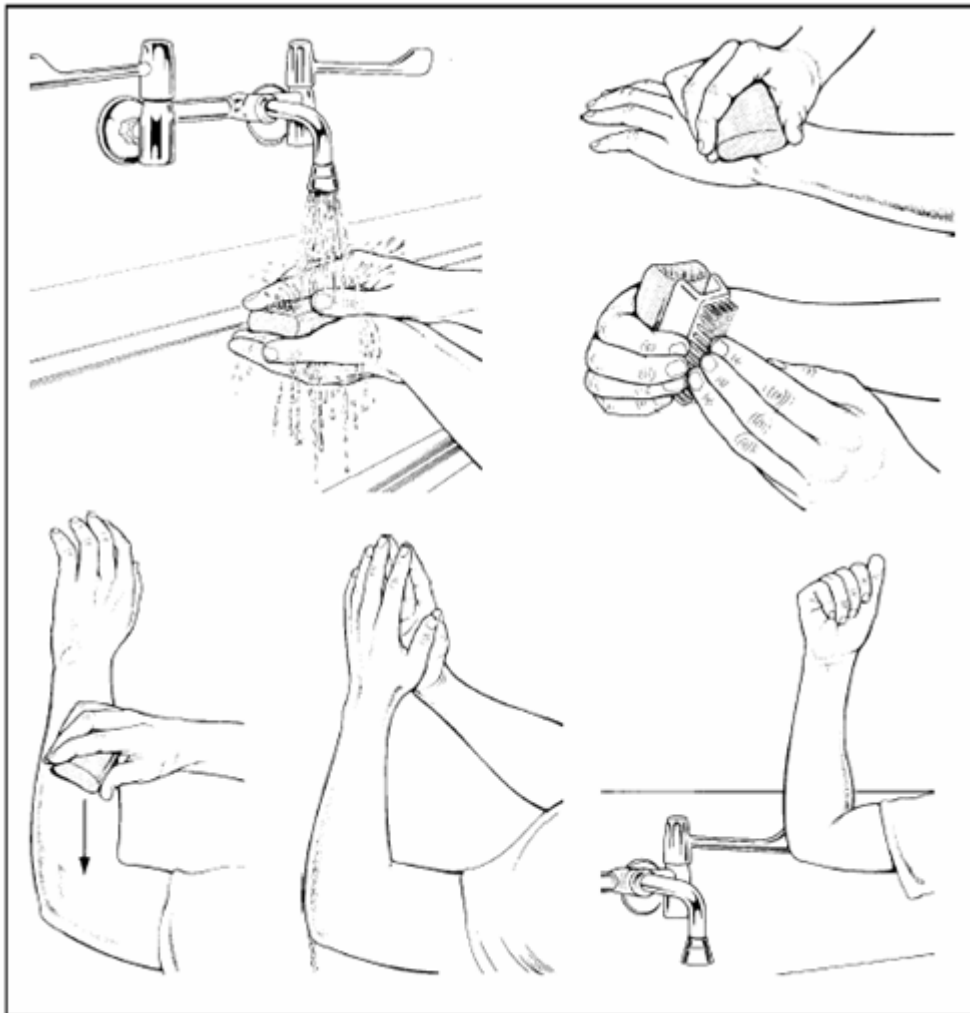


Figure 2.4

## **When scrubbing** (Figure 2.4):

- **Remove all jewellery and trim the nails;**
- **Use soap, a brush (on the nails and finger tips) 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.** (Continued to next page)

## **Hand Washing Techniques (continued)**

### **After scrubbing your hands:**

- **Dry them 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***