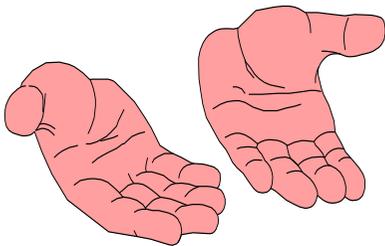


## Hand Washing is the single most important method of reducing the spread of infection.

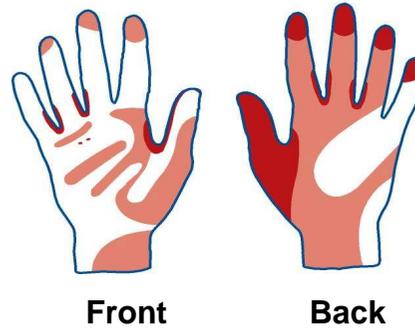
It is very important that people maintain high standards of hand hygiene if we want to reduce the spread of infection.

Hand washing with soap and warm water should remove most germs from the hands before they can be transferred to another person or object.

It is important that hand washing is carried out correctly to reduce the spread of germs.



### Areas of the hands frequently missed



### Hands should always be washed:

- After visiting the toilet
- Before handling, preparing or serving food
- When the hands are visibly dirty
- After contact with pets / animals
- After performing any cleaning (housework)
- After gardening
- After changing a baby's nappy
- After coughing or sneezing into the hands

### Equipment needed for effective hand washing

- Wash hand basin
- Soap preferably liquid soap
- Clean hand towel or disposable paper towel
- Hand towels should be regularly changed and should be washed at the highest possible temperature indicated on the manufacturer's label.

**Hand Washing Technique:**  
**Wet hands and apply soap**

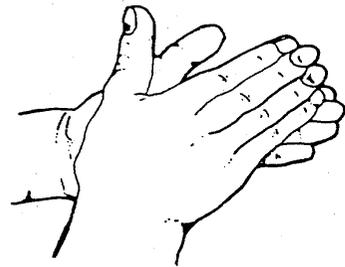


Information produced by:  
Health Protection Agency North West

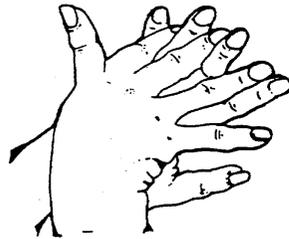
**ADVICE ON HAND WASHING  
FOR THE GENERAL PUBLIC**

Date: September 2011  
Review Date: September 2013

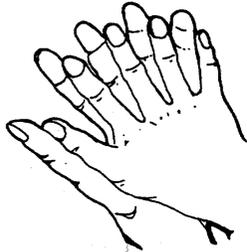
Website: <http://www.hpa.org.uk>



1. Palm to palm



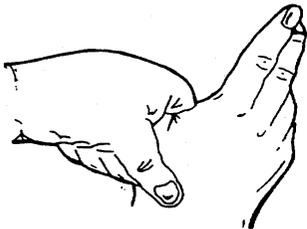
2. Right palm over left dorsum and left palm over right dorsum



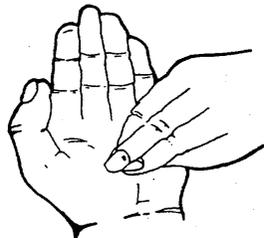
3. Palm to palm fingers interlaced



4. Backs of fingers to opposing palms with fingers interlocked



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

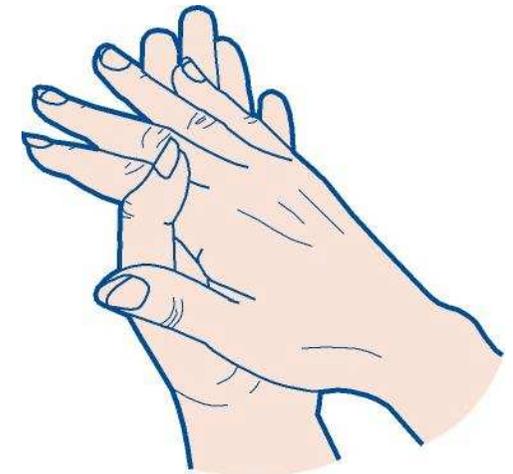


6. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

7. Rinse hands

8. Dry well preferably with paper towels.

**STOP!**



**Have You Washed  
Your Hands?**