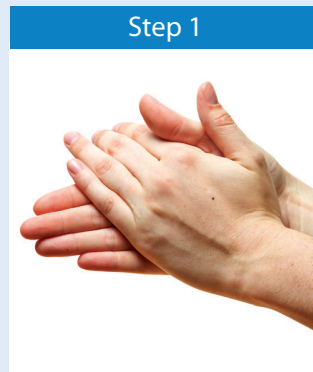


# Hand Washing Technique

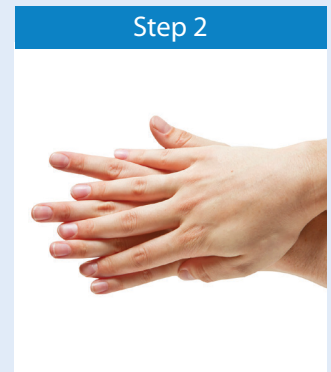
Choose the correct cleanser based on the procedure  
(non-antimicrobial vs. antimicrobial)



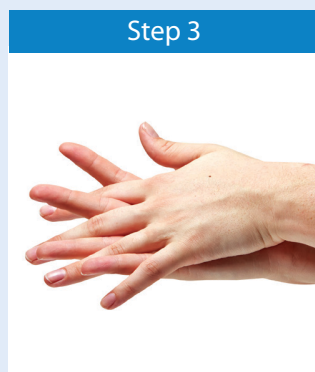
Wet hands with tepid water.  
Apply soap or skin cleanser.



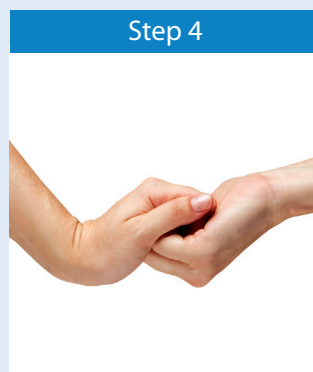
Rub palms together.



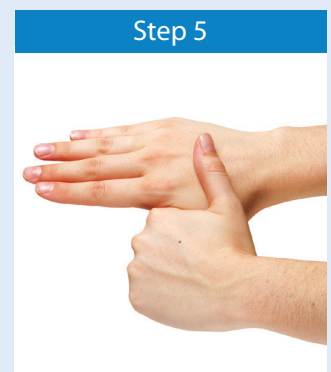
Rub the back of both hands.



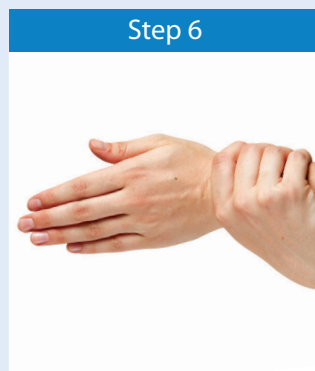
Palm to palm with interlaced  
spread fingers.



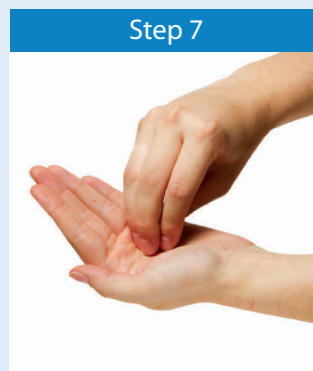
Interlock fingers and rub the  
back and tips of fingers of  
both hands.



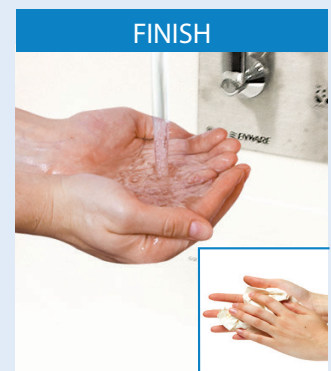
Clean both thumbs in a  
rotating manner.



Clean both wrists.



Rub fingertips on palm for both  
hands.



Rinse hands thoroughly. Pat hands  
dry with a single use towel.

Duration of entire hand wash procedure is 40-60 seconds.

[www.schulke.com.au](http://www.schulke.com.au) | [www.schulke.co.nz](http://www.schulke.co.nz)



A company of the Air Liquide Group

MS-SA-16019



**Medical and Surgical Requisites Pty Ltd**

Call within Brisbane 07 3859 2900 33 Fulcrum Street Richlands Q 4077 PO Box 3965 Mt. Ommaney QLD 4074  
Phone 1300medsurg (1300 633 787) Email [medical@medsurg.com.au](mailto:medical@medsurg.com.au) [www.medsurg.com.au](http://www.medsurg.com.au) Fax 07 3859 2995



Established 1922