







Effective Hand Washing Technique

The following is the only acceptable method of Hand Washing to be used at HuNu:.

Wet your hands thoroughly and apply liquid soap*		
	Rub Steps	
	1.	Rub palm to palm to make a lather.
	2.	Rub the palm of one hand along the back of the other hand and along the fingers. Then repeat with the other hand.
	3.	Rub palm to palm with fingers interlaced.
	4.	Rub the backs of the fingers with the opposite palm with the fingers interlocked. Then repeat with the other hand.
	5.	Clasp and rotate the thumb in the palm of the opposite hand. Then repeat with the other hand.
	6.	Rub backwards and forwards over the palm with clasped fingers. Then repeat with the other hand.
<p>Rinse off the soap with clean water and dry your hands hygienically with a single use towel*.</p> <p>To ensure washed hands do not come into contact with the taps, use a clean single use towel to turn the taps off.</p>		

Please Note: If after washing, your hands are not visibly clean, then the **Hand Washing Technique** has not been effective and must be repeated.