

Hand hygiene

When to wash your hands ?

It is important to wash your hands before each patient care.
Example : for a care, a drug intake, for disinfection...

How to wash your hands ?

1. Place the product in the palm of your hand.
2. Rub widely from palm to palm.
3. Rub the back of each hand one after the other.
4. Rub between the fingers.
5. Rub the back of the fingers against the palm of the other hand.
6. Not forgetting the thumbs.
7. Focus on the fingertips and nails of each hand.
8. Finish with the wrists .
9. Rub until hands are completely dry. Do not rinse or wipe off.

Hand hygiene in pictures :

