

INFECTION CONTROL · EVERY CLINICAL ROOM

Clean hands save lives

A reminder poster for clinical hand wash basins, showing when to clean your hands and how to wash them well.

— When to clean your hands

- 1 **Before touching a patient.**
- 2 **Before a clean or aseptic procedure.**
- 3 **After a risk of exposure to body fluids.**
- 4 **After touching a patient.**
- 5 **After touching a patient's surroundings.**

— How to wash your hands (40 to 60 seconds)

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| 1 Wet hands with water. | 1 Backs of fingers to opposing palms, fingers interlocked. |
| 2 Apply soap to cover all surfaces. | 2 Rub each thumb clasped in the other palm. |
| 3 Rub palm to palm. | 3 Rub fingertips into the opposite palm. |
| 4 Right palm over left back , fingers interlaced, then swap. | 4 Rinse with water. |
| 5 Palm to palm with fingers interlaced. | 5 Dry thoroughly with a single-use towel and use it to turn off the tap. |

Rub or wash?

Use alcohol hand rub when hands are not visibly dirty. Wash with soap and water when hands are visibly soiled, and after caring for patients with vomiting or diarrhoea.

Stock up in one order

Order by 4pm for next-day delivery. One account, one invoice.

[Hand hygiene supplies →](#)

This resource is general guidance to help you organise your practice. It does not replace national guidance, manufacturer instructions or your own policies, which you should always follow. Check that it reflects the current requirements that apply to your organisation. Produced by Medical Supermarket, a trading name of ProCure Health Ltd.