**HAND WASHING TECHNIQUE**

There are 12 stages of a good hand washing technique

* Wet your hand thoroughly with warm water
* Apply enough soap to cover both your hands, making sure you cover the whole surface
* Rub both hands together palm to palm
* Rub back of each hand with the palm of the other hand with your fingers interlaced
* Rub palm to palm with fingers interlaced
* Rub with the back of your fingers to the opposite palm with fingers interlocking
* Rub each thumb clasped into the opposite hand using a rotation movement
* Rub the tips of your fingers in opposite palm in a circular motion
* Rub each wrist with the opposite hand
* Rinse hands with water
* Use your elbow to turn the tap off. DO NOT use your hands
* Dry thoroughly with a single use (disposable) towel
* Hand washing should take 15-30 seconds

There are several areas that mostly get missed when washing your hands. These are the thumbs, between the fingertips and the fingernail. Hands must be washed before and after each task. For example: before and after personal care and putting on your gloves and before and after meal preparation and applying your gloves. Hands must be kept clean and moisturised to prevent infection.

