

How to Hand Rub



Apply a dime-sized amount (2-3 ml) of product into palms of dry hands



Rub product into hands palm to palm



Rub fingertips of each hand in opposite palm



Rub between and around fingers

————— Rub hands for 15 seconds —————



Rub each thumb clasped in opposite hand



Rub back of each hand with opposite palm



Rub hands until dry before performing another task



DO NOT WIPE OFF.

Remember to practice the 4 moments of hand hygiene:

1. **BEFORE** initial patient, resident, client (PRC) or environment contact
2. **BEFORE** aseptic/clean procedure
3. **AFTER** body fluid exposure risk
4. **AFTER** PRC/PRC environment contact

How to Hand Wash



Wet hands under warm running water



Apply soap and distribute over hands



Rub hands together to create a good lather:
Palm to palm



Rub fingertips of each hand in opposite palm

———— Lather and rub hands for 15 seconds ————



Rub between and around fingers



Rub each thumb clasped in opposite hand



Rub back of each hand with opposite palm



Rinse hands thoroughly under warm running water. pat hands dry with a paper towel



Turn off faucet using a paper towel



Your hands are now clean

Remember to practice the 4 moments of hand hygiene:

1. **BEFORE** initial patient, resident, client (PRC) or environment contact
2. **BEFORE** aseptic/clean procedure
3. **AFTER** body fluid exposure risk
4. **AFTER** PRC/PRC environment contact

sharedhealthmb.ca



Shared health
Soins communs
Manitoba