

Hand Washing Techniques

Here's a "handy" guide to safer hand washing - ensuring the safety of yourself and those around you!



Wet hands with water



Apply enough soap to cover all hand surfaces



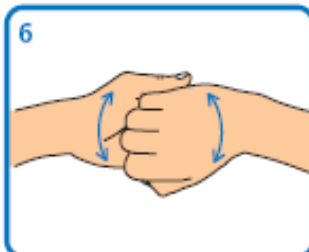
Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



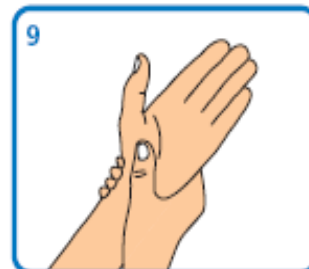
Rub with back of fingers to opposing palms with fingers interlocked



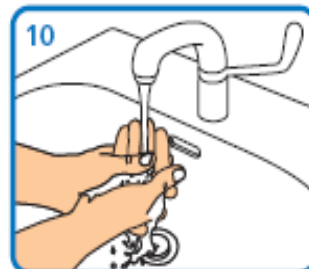
Rub each thumb clasped in opposite hand using a rotational movement



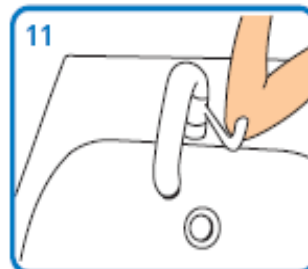
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



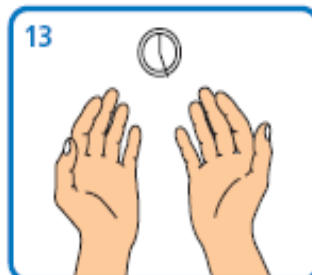
Use elbow to turn off tap



Dry thoroughly with a single-use towel

REMEMBER!

Always clean your injecting site!



Hand washing should take 15-30 seconds

THINK HARM REDUCTION!

**Safer
Herefordshire**

Washing your hands and injecting sites prevents abscesses & sores