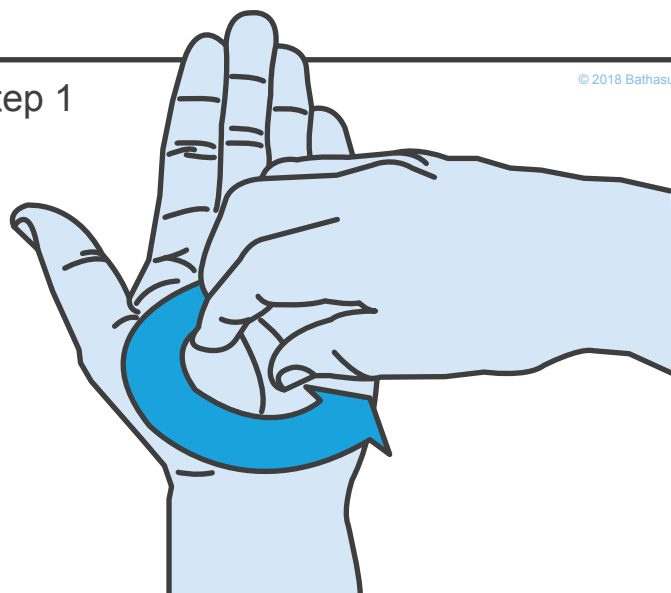


Hand Washing Guidelines

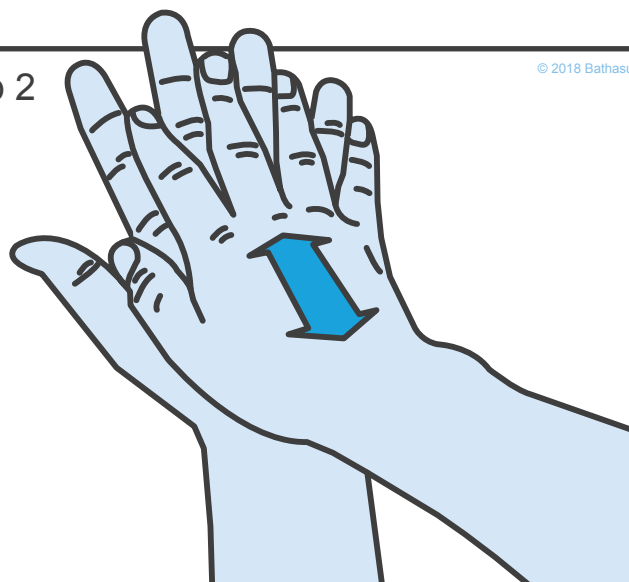
Step 1



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Place the tips of your fingers and thumb of one hand into the palm of the other and move in a circular motion at least five times. Repeat with your other hand.

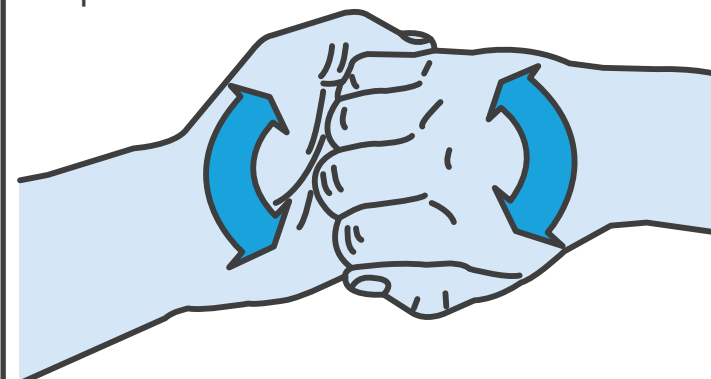
Step 2



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Place your palms together with your fingers interlocked (right thumb in between left thumb and forefinger) and move backwards and forwards at least five times. Repeat with your other hand.

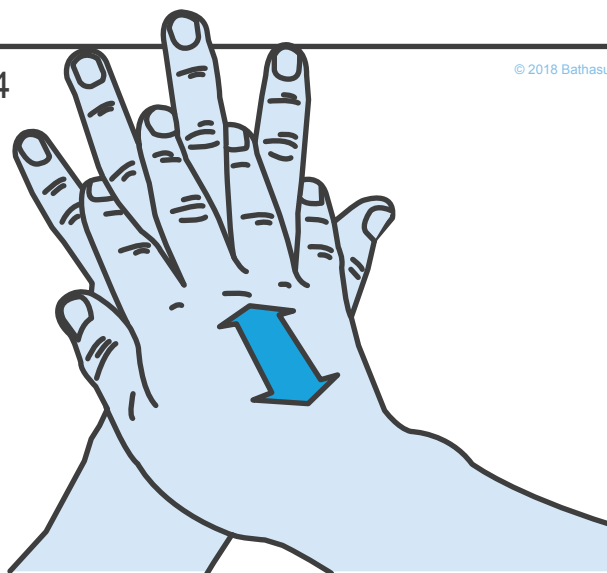
Step 3



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Making the fingers of both of your hands into a hook shape, lock them together with the back of your fingers on one hand touching the palm of your other and rotate them five times.

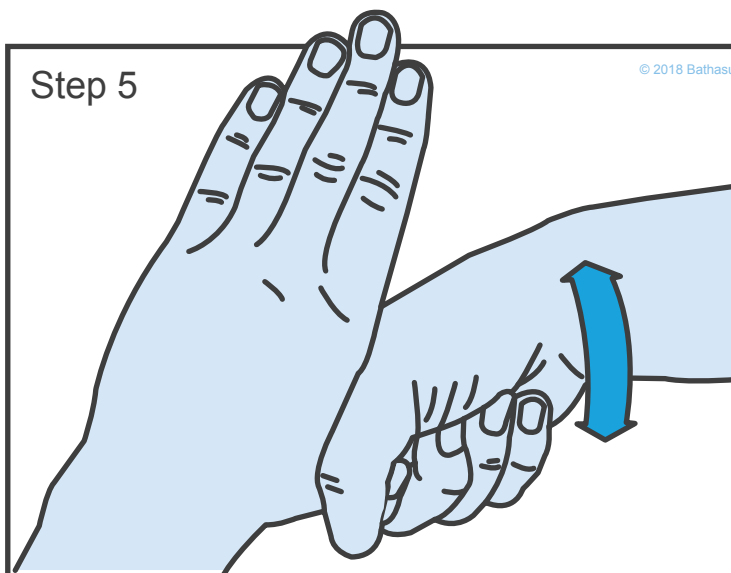
Step 4



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Place your right hand over the back of your left hand interlocking your fingers and making sure your right palm is touching the back of your left hand. Move backwards and forwards at least five times. Repeat with other hand.

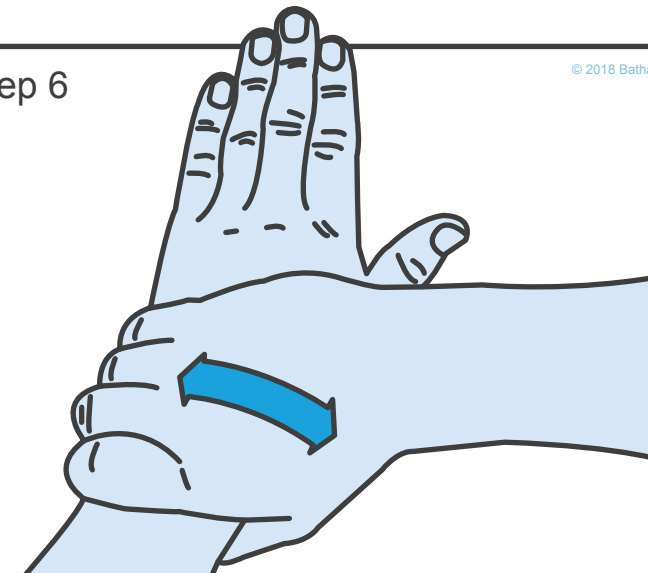
Step 5



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Grip your left thumb in your right hand so that your thumb is completely encased in your hand. Move your right hand up and down your thumb whilst rotating your right hand at least five times. Repeat with your other hand.

Step 6



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Place your right hand around your left wrist. Move your right hand up and down your left wrist and over the back of your left palm whilst rotating your right hand around your left wrist at least five times. Repeat with other hand.

General Instructions

- Remove any jewellery and watch
- Wet hands and apply soap (preferably antimicrobial) to hands.
- Follow the six steps pictured, repeating with both hands; this should take 1-2 minutes.
- If drying hands with a paper towel ensure you pat your hands dry, don't rub.
- The process should be followed by applying a hand sanitiser using the same steps, remembering to allow 2 minutes of contact time before proceeding to a task.

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