

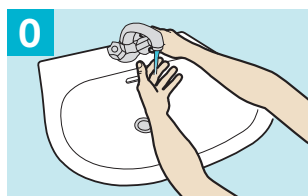
Hand hygiene

How to wash hands

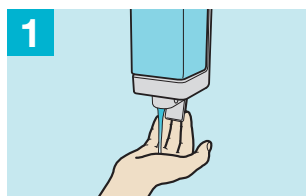
Good hand hygiene is essential in intermittent catheterisation to limit the risk of getting a urinary tract infection.

The hand hygiene technique can be applied when washing your hands with soap and water, as well as when using a bactericidal alcohol scrub. The directions for hand hygiene when washing with soap and water are shown below.

The WHO hand hygiene technique with soap and water¹



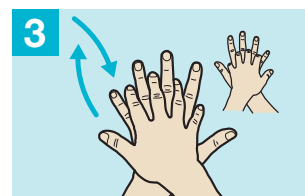
0 Wet hands with water.



1 Apply enough soap to cover all hand surfaces.



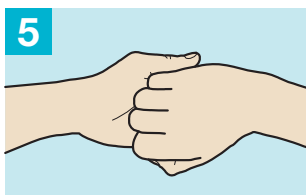
2 Rub hands palm to palm.



3 Right palm over left dorsum with interlaced fingers and vice versa.



4 Palm to palm with fingers interlaced.



5 Backs of fingers to opposing palms with fingers interlocked.



6 Rotational rubbing of left thumb clasped in right palm and vice versa.



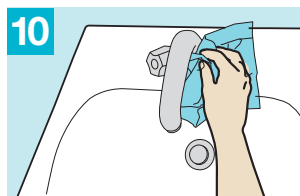
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



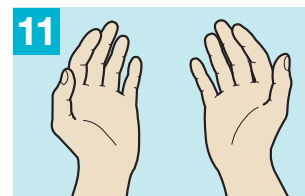
8 Rinse hands with water.



9 Dry hands thoroughly with a single use towel.



10 Use towel to turn off faucet.



11 Your hands are now clean.

Based on the 'How to Handwash', URL: http://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf. © World Health Organization 2009. All rights reserved.
1. World Health Organization. WHO guidelines on hand hygiene in health care. WHO Press, Geneva, Switzerland. 2009.