

# Are you washing your hands correctly?

Ensure that all jewellery or watches are removed to ensure that hands are thoroughly cleaned.

**STEP 1:** Apply Hexifoam (amount the size of a golf ball) or two pumps of Dermasoft Hand Gel to hands.

**STEP 2:** Rub hands together for 20-30 seconds, rubbing palm to palm.

**STEP 3:** Rub right palm over left dorsum and left palm over right dorsum.

**STEP 4:** Rub palm to palm with fingers interlaced.

**STEP 5:** Rotational rubbing of right thumb clasped in left palm and vice versa.

**STEP 6:** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa allowing alcohol to evaporate, leaving hands dry.

