

Hand Hygiene

Please clean your hands using the following steps:



Palm to palm



Right palm over left hand and left palm over right hand



Palm to palm fingers interlaced



Backs of fingers to opposing palms with fingers interlocked



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



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



Rotational rubbing around both wrists

Hands must be cleaned frequently to prevent the spread of infection.

You can contact the team on:

0151 604 7750 or ipc.wirralct@nhs.net

