

# Hand washing Steps



Type of Hand Washing	Indication	Soap	Method
Normal Hand Washing	Before and after general service or before contacting a patient	Liquid / Bar soap Alcohol Rub (water less)	At least 10 seconds
Hygienic Hand Washing	After contacting infectious matter or before minor procedures such as Incision & Drainage	Antibacterial liquid soap	At least 30 seconds
Surgical Hand Washing	Operations, Delivery	Antibacterial liquid soap and other solutions	Wash hands up to elbows in one direction for 3-5 minutes

Waterless hand washing is to lower person-to-person germ spread, lack of sinks or lack of water. Waterless hand washing is not to replace hand washing with water.

- Wash your hands before and after using gloves of all types
- Change gloves before contacting the next patient.
- Take off gloves every time you are finished with your task and dispose of the gloves in the Infectious Waste Bin before moving on to your next task.

Your Complete Health Solution

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