

Técnica do lavado de mans con auga e xabón



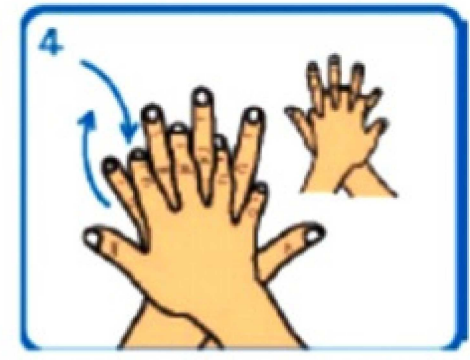
Humedecer as mans



Aplicar suficiente xabón



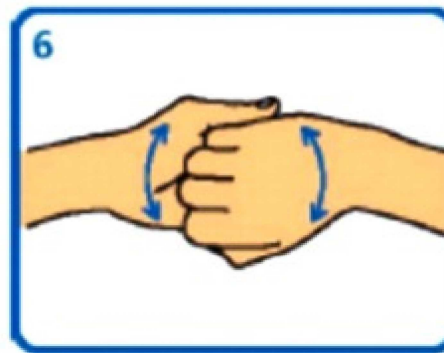
Fregar palma sobre palma



Fregar palma sobre dorso cos dedos entrelazados e viceversa



Fregar palma sobre palma cos dedos entrelazados



Fregar o dorso dos dedos sobre a palma oposta



Fregar os polgares mediante un movemento rotatorio



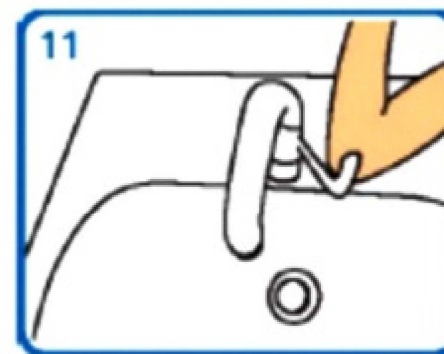
Fregar as xemas dos dedos sobre a palma da man contraria cun movemento circular



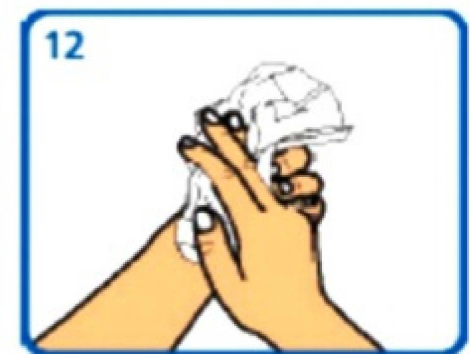
Fregar cada pulso coa man oposta



Adclarar con auga



Pechar a billa co còbado ou ben cunha toalla desbotable



Secar cunha toalla de papel desbotable



Este proceso debe levar entre 40 e 60 seg

Adaptado de NHS e World Health Organization Guidelines on Hand Hygiene in Health Care