

تحقيق اليددين How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

Duration of the entire procedure: 20-30 seconds

1a



1b



2



ضع كمية قليلة من معقم اليددين على باطن اليد بطريقة م-curved

Apply a palmful of the product in a cupped hand, covering all surfaces;

فرك باطن اليددين

Rub hands palm to palm;

3



4



5



باطن اليد اليمنى على ظاهر اليد اليسرى و العكس

Right palm over left dorsum with interlaced fingers and vice versa;

باطن اليد اليمنى على باطن اليد اليسرى مع تداخل الأصابع

Palm to palm with fingers interlaced;

ظاهر الأصابع بباطن اليد المعاكسة

Backs of fingers to opposing palms with fingers interlocked;

6



الدمع الدائري للابهام

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

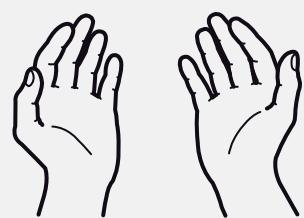
7



الدمع الدائري لباطن اليد بواسطة أطراف الأصابع

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

8



انتظر الى ان يجف المعلم

Once dry, your hands are safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

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