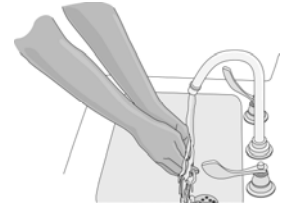


Chapter 9

INFECTION CONTROL

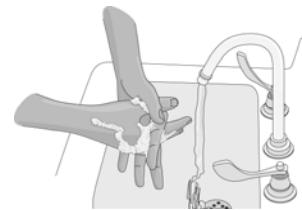
PROCEDURE FOR WASHING HANDS:

1. Remove wristwatch and/or rings if necessary. Roll up your sleeves. Wash wrist-watch and rings if they come into contact with contaminated material.



2. Turn on water and adjust temperature so it is comfortable for you.

3. Wet hands thoroughly, including two to three inches above wrists. Hold hands with wrists lower than elbows and fingertips pointed downward.



4. Apply a generous amount of soap to hands.

5. Scrub hands for at least 15 seconds.

- a. Wash palms and back of hands with at least 10 circular motions.

- b. Wash fingers and between fingers with at least 10 circular motions.

- c. Wash wrists with at least 10 circular motions.

- d. Wash around and under fingernails.



6. Rinse wrists and hands well. Keep wrists lower than elbows.



7. Dry hands well with paper towel or fresh clean towel, using one for each hand if possible.

8. Turn off faucet with clean, dry paper towel if possible.

9. Discard paper towel. Be careful not to touch the part of the towel that touched the faucet.

