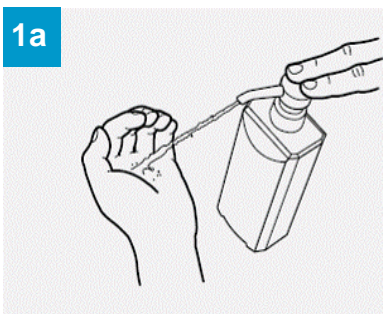


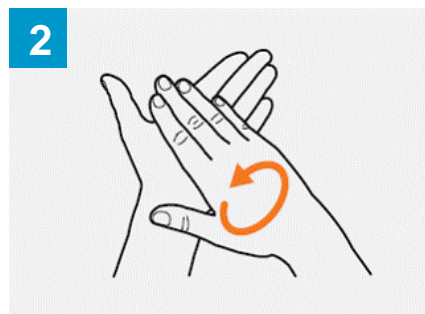
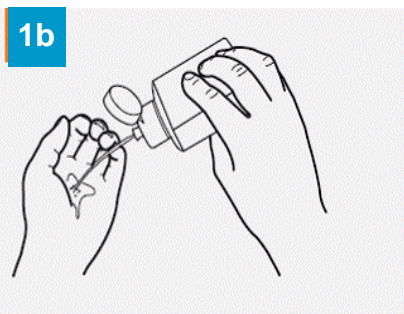
# Higijensko utrljavanje u ruke



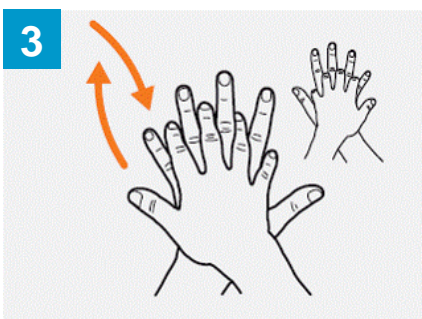
Trajanje postupka: **30 sekundi**



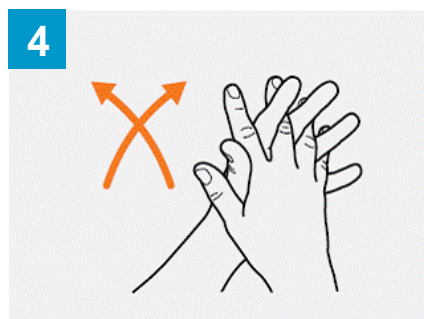
Dozirajte alkoholni antiseptik u skupljeni dlan



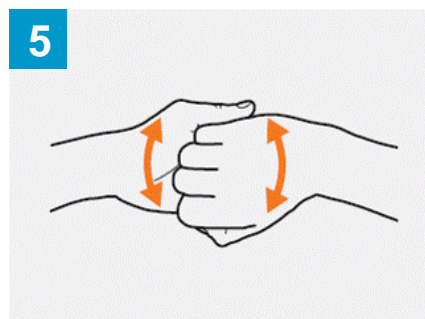
Trljajte dlanom o dlan



Dlan desne o nadlanicu lijeve ruke i obrnuto



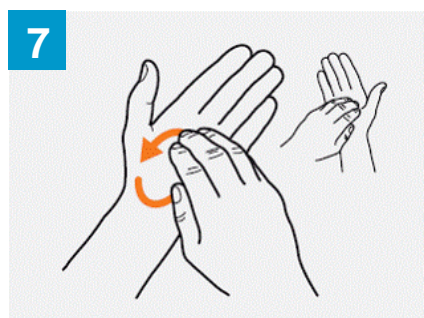
Dlan o dlan s isprepletenim prstima



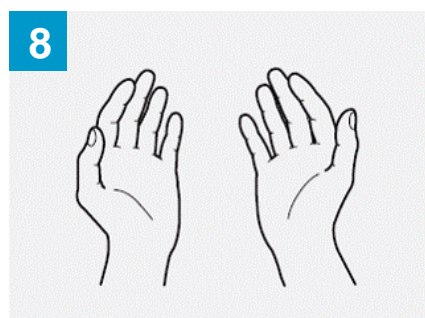
Obuhvatite prste suprotne ruke i trljajte



Kružnim pokretima trljajte palce obje ruke



Vrhove prstiju desne ruke o dlan lijeve i obrnuto

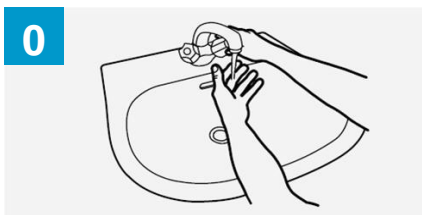


Posušite ruke na zraku

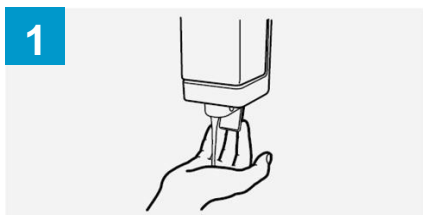
# Higijensko pranje ruku



Trajanje postupka: 40 - 60 sekundi



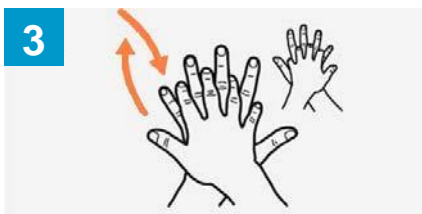
**0** Namočite ruke pod tekućom vodom



**1** Dozirajte tekući losion za pranje ruku



**2** Trljajte dlanom o dlan



**3** Dlan desne o nadlanicu lijeve ruke i obrnuto



**4** Dlan o dlan s isprepletenim prstima



**5** Obuhvatite prste suprotne ruke i trljajte



**6** Kružnim pokretima trljajte palce obje ruke



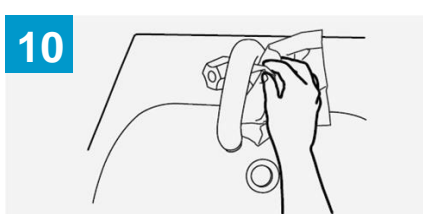
**7** Vrhove prstiju desne ruke o dlan lijeve i obrnuto



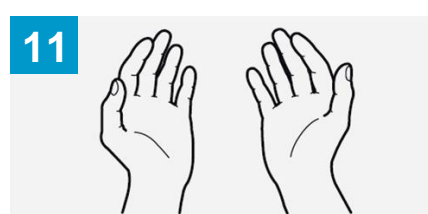
**8** Temeljito isperite ruke tekućom vodom



**9** Osušite jednokratnim papirnatim ručnikom

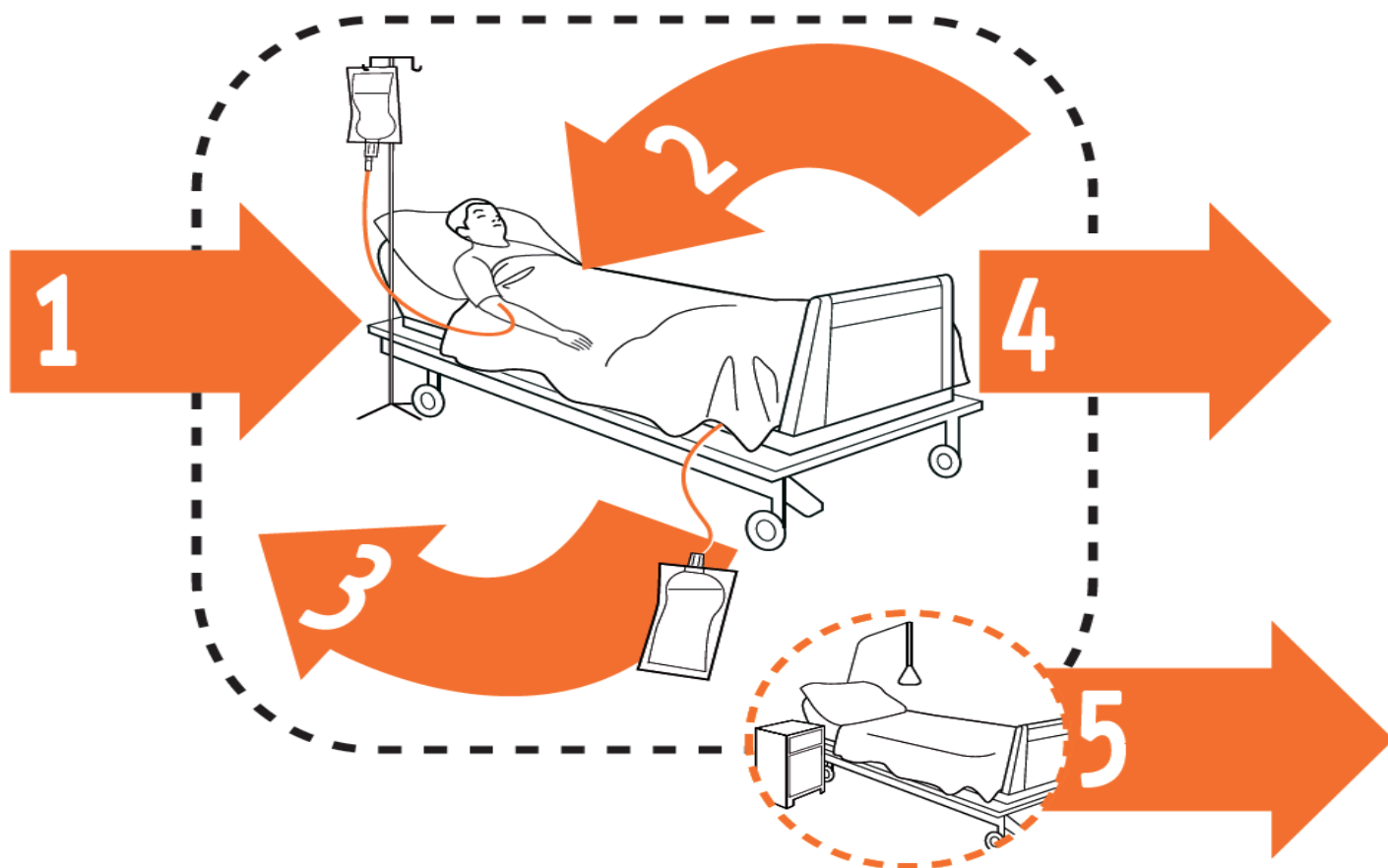


**10** Upotrebljenim ručnikom zatvorite slavinu



**11** Čiste ruke

# Mojih 5 trenutaka za **HIGIJENU RUKU**



- 1.** Prije kontakta s bolesnikom
- 2.** Prije aseptičnih postupaka
- 3.** Nakon rizika izlaganja tjelesnim tekućinama
- 4.** Nakon kontakta s bolesnikom
- 5.** Nakon kontakta s okolinom bolesnika