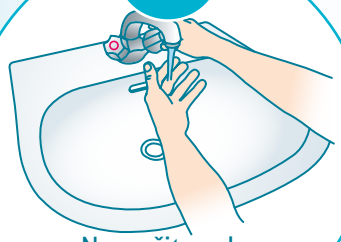
Higijensko pranje ruku

Trajanje postupka 40-60 sekundi

0



Namočite ruke pod tekućom vodom

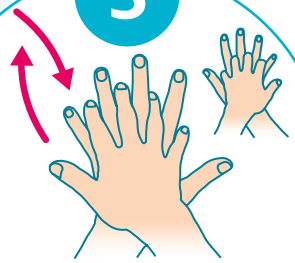
1

Dozirajte tekući losion za pranje ruku

2

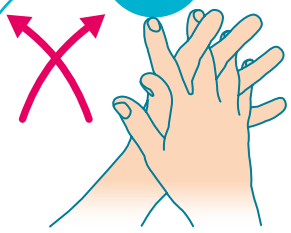
Trljajte dlanom o dlan

3



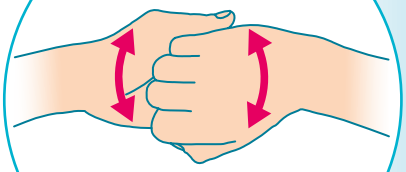
Dlan desne o nadlanicu lijeve ruke i obrnuto

4



Dlan o dlan s isprepletenim prstima

5

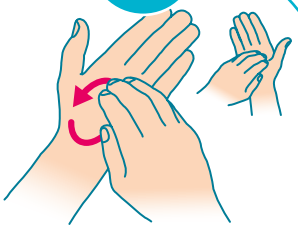


Obuhvatite prste suprotne ruke i trljajte

6

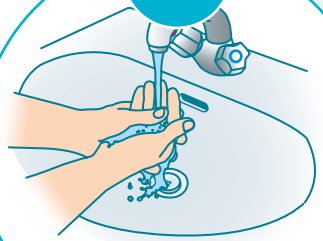
Kružnim pokretima trljajte palce obiju ruku

7



Vrhove prstiju desne ruke o dlan lijeve i obrnuto

8



Temeljito isperite ruke tekućom vodom

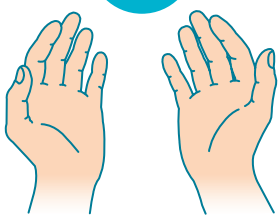
9

Osušite jednokratnim papirnatim ručnikom

10

Upotrijebljenim ručnikom zatvorite slavinu

11



Suhe i čiste ruke

Izvor:
Kalenić S. i sur. Smjernice za higijenu ruku u zdravstvenim ustanovama. Liječ Vjesn 2011; 133:1-16.

siječanj, 2018.
HR/PLST/18/0002

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