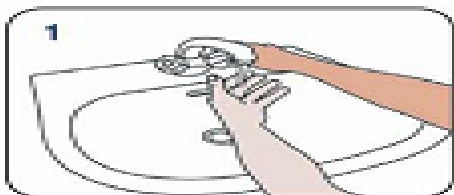
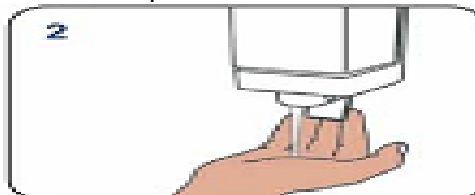


POSTUPAK PRANJA RUKU VODOM I SAPUNOM¹

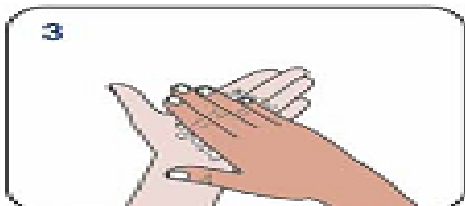
1. Nakvasiti ruke vodom



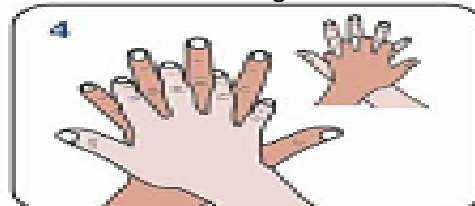
2. Uzeti dovoljnu količinu tečnog sapuna da pokrije sve površine šaka



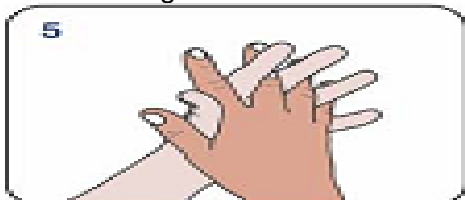
3. Trljati dlanove jedan o drugi



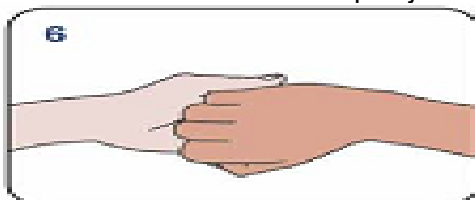
4. Ispreplićući prste, trljati dlan jedne šake o nadlanicu druge



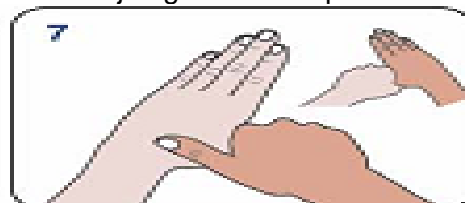
5. Ispreplićući prste, trljati dlanove jedan o drugi



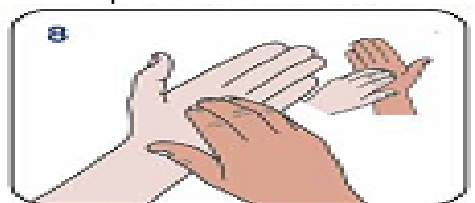
6. Prste spojiti u predjelu jagodica, saviti ih i trljati dorzalnom stranom prstiju o dlan druge šake



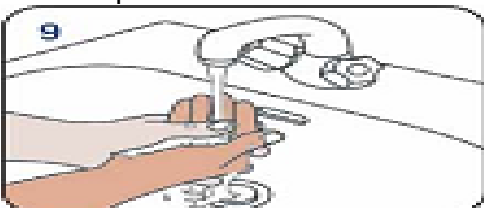
7. Šakom obuhvatiti palac druge ruke i trljati ga kružnim pokretima



8. Prste skupiti na dlan druge šake i trljati kružnim pokretima



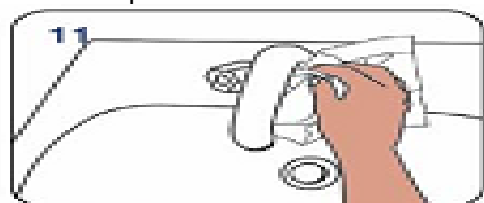
9. Isprati ruke vodom



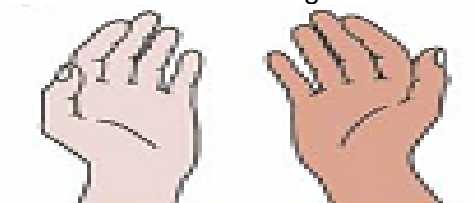
10. Ruke posušiti papirnim ubrusom



11. Papirnim ubrusom zatvoriti slavinu



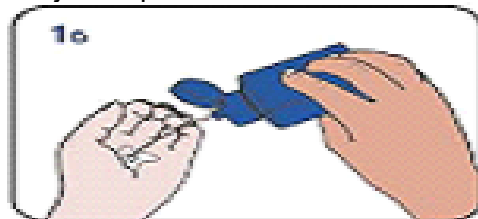
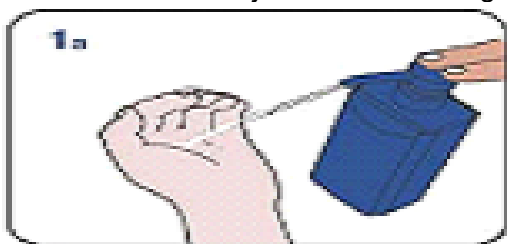
12. Ruke su sada sigurne



¹Guidelines on Hand Hygiene in Health Care First Global Patient Safety Challenge- Clean Care is Safer Care, ISBN 978 92 4 159790 6, Geneva, World Health Organization, 2009

POSTUPAK PRANJA RUKU SREDSTVIMA NA BAZI ALKOHOLA

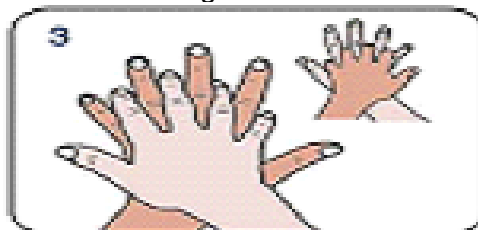
13. Staviti dovoljno dezinfekcionog sredstva da pokrije sve površine šaka



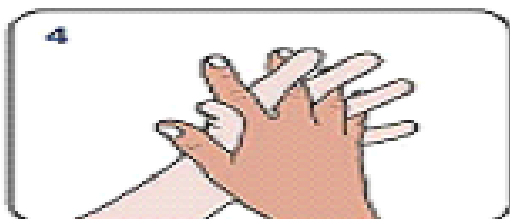
14. Trljati dlanove jedan o drugi



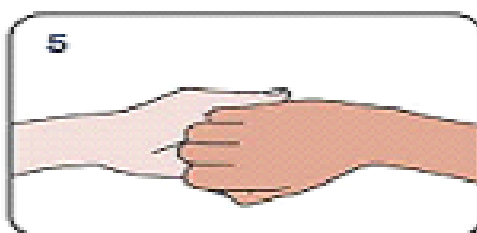
15. Ispreplićući prste, trljati dlan jedne šake o nadlanicu druge



16. Ispreplićući prste, trljati dlanove jedan o drugi



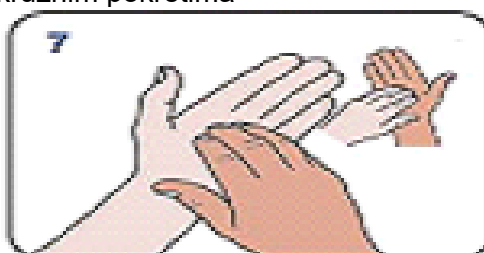
17. Prste spojiti u predjelu jagodica, saviti ih i trljati dorzalnom stranom prstiju o dlan druge šake



17. Šakom obuhvatiti palac druge ruke i trljati ga kružnim pokretima



18. Prste skupiti na dlan druge šake i trljati kružnim pokretima



19. Pustiti ruke da se osuše (20 -30 sec)

