

Hand washing technique

Wash hands when visibly soiled!

Otherwise use handrub.



1

Wet hands with water



2

Apply palmful of soap



3

Rub hands palm to palm



4

Right palm over left dorsum with interlaced fingers and visa versa



5

Palm to palm with fingers interlaced.
Between fingers



6

Back of fingers to opposing palms with fingers interlocked



7

Rotational rubbing of left thumb clasped in right palm and visa versa



8

Fingernails. Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and visa versa



9

Rotational rubbing of both wrists



10

Rinse hands and wrists with water



11

Dry hands with single use towel



12

Use elbow or towel to turn tap off.
HANDS are now safe