


Hand Hygiene

12 STEPS FOR EFFECTIVE
HAND WASHING

 Washing should last 40-60 seconds
Each step should be repeated at least five times



1 WET HANDS WITH WATER



2 APPLY ENOUGH SOAP TO COVER ALL
HAND SURFACES



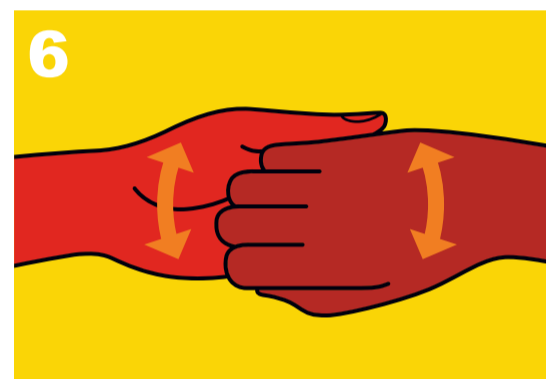
3 RUB HANDS PALM TO PALM



4 RIGHT PALM OVER BACK OF LEFT HAND WITH
INTERLACED FINGERS AND VICE VERSA



5 PALM TO PALM WITH FINGERS INTERLACED



6 BACKS OF FINGERS TO OPPOSING PALMS
WITH FINGERS INTERLOCKED



7 ROTATIONAL RUBBING OF LEFT THUMB
CLASPED IN RIGHT PALM AND VICE VERSA



8 ROTATIONAL RUBBING OF THE FINGERTIPS
(INCLUDING THE THUMB) OF THE RIGHT HAND IN
THE PALM OF THE LEFT HAND AND VICE VERSA



9 ROTATIONAL RUBBING OF WRISTS



10 RINSE HANDS WITH WATER, KEEP WATER RUNNING



11 DRY HANDS THOROUGHLY WITH
SINGLE USE TOWEL



12* USE TOWEL TO TURN OFF FAUCET, THEN PLACE
TOWEL INTO A WASTE RECEPTACLE

 Your hands are now clean



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