

Hand washing



Get water running to the correct temperature

Wet the hands



Apply a generous amount of liquid soap or antiseptic hand wash



Rub the hands together briskly to create a good lather

Hand washing



Right palm over left
dorsum and left palm over
right dorsum

(dorsum = back of a
hand)



Palm to palm with fingers
interlaced



Wash left and right palm
by rotational rubbing

Hand washing



Wash thumbs by rotational rubbing



Lock the fingers and rub against opposing palm and fingers



Wash wrists by rotational rubbing with opposing hand

Hand washing



Rinse thoroughly

Turn off the taps using your elbows

Hold hands upward to drain water away from unwashed areas



Dry the hands using paper towels

Dry the palms and back of the hands, between the fingers, finishing with the wrists



Dispose of used paper towels in an ordinary waste bin

Hand washing

Frequently missed areas

