

Handwashing Technique

Wash hands using the following 8 Steps.

Each step consists of five strokes rubbing backwards and forwards.

1 →

Wet hands under running water.

Take a measure of soap.



2 →

Work into hands, palm to palm.



3 →

Right hand over back of left and vice versa.



4 →

Rub palm to palm, fingers interlaced.



5 →

Back of left fingers to right palms, fingers interlocked and vice versa.



6 →

Rotational rubbing of right thumb clasped in left hand and vice versa.



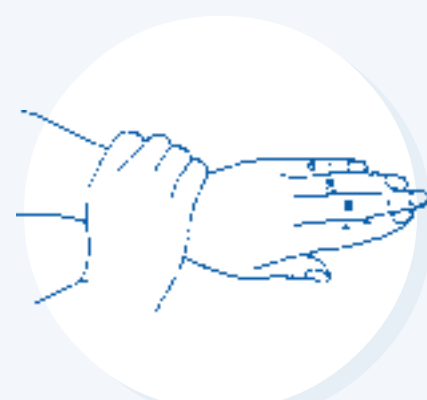
7 →

Rub left palm with clasped fingers of right hand and vice versa.



8 →

Left wrist with right hand and vice versa.



Rinse hands under running water and dry thoroughly.