HAND CLEANING TECHNIQUES

NHS National Patient Safety Agency

How to handwash?

WITH SOAP AND WATER



Wet hands with water



Apply enough soap to cover all hand surfaces



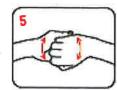
Rub hands palm to palm



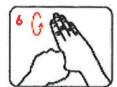
Rub back of each hand with the palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



Rub with backs of fingers to opposing palms with fingers intertaced



Rub each thumb clasped in opposite hand using rotational movement



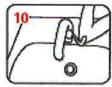
Rub tips of fingers in apposite palm in a circular motion



Rub each wrist with appasite hand



Rinse hands with water



Use elbow to turn offtap







