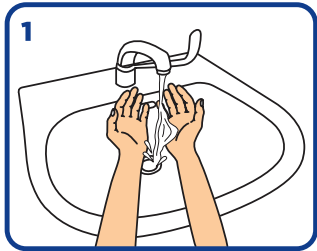
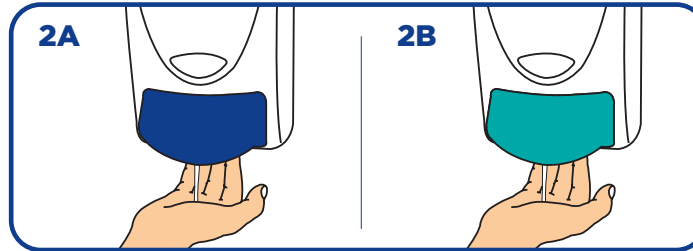


# HAND WASHING TECHNIQUE WITH SOAP AND WATER

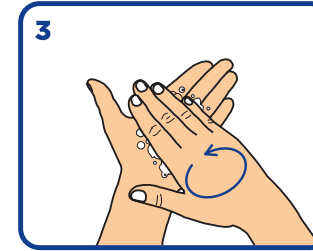


Wet hands with water

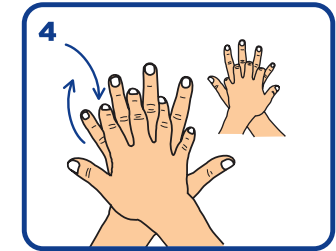


**For Social Hand Wash:**  
Apply enough soap to cover  
surfaces of hands

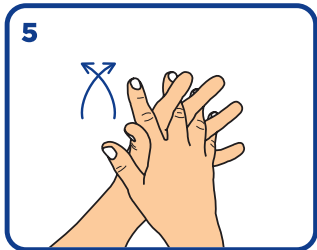
**For Clinical Hand Wash:**  
Push fully twice for aseptic  
handwashing



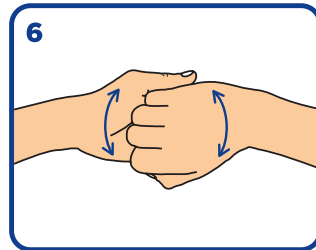
Rub soap into palms



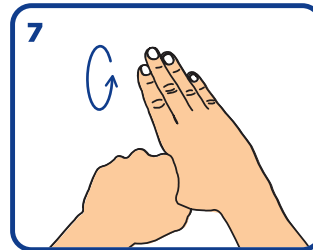
Rub backs of hands  
with fingers interlaced



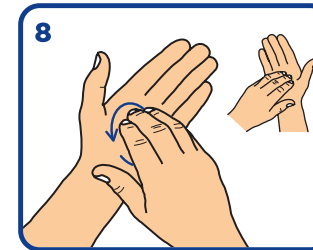
Rub palm to palm with  
fingers interlaced



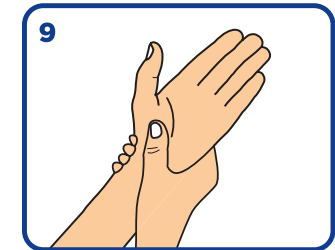
Work around fingers  
and nails



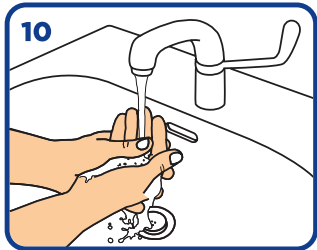
Rotational rubbing  
around thumbs



Scrub finger tips  
on palm



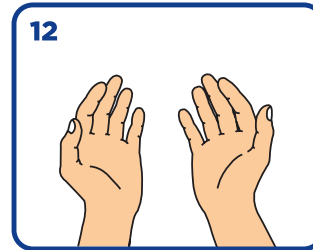
Rub each wrist



Rinse hands with water and turn  
off tap with elbow or paper towel



Dry thoroughly with  
a single-use towel



**Social hand wash technique:** 15-30 secs  
**Clinical hand wash technique:** 40-60 secs

**Adapted from World  
Health Organization Guidelines on  
Hand Hygiene in Health Care 2009**