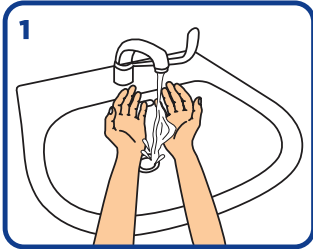
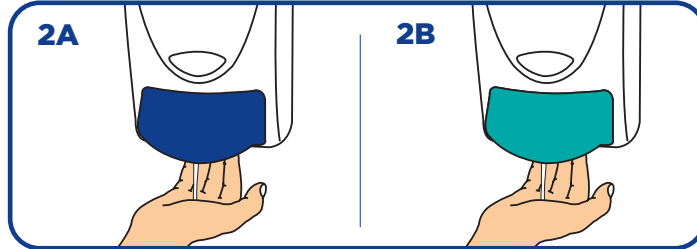


HAND WASHING TECHNIQUE WITH SOAP AND WATER



Wet hands with water

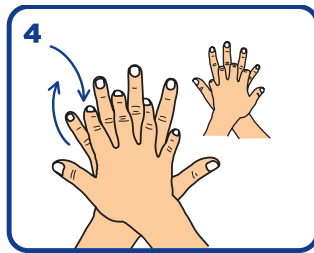


For Social Hand Wash:
Apply enough soap to cover
surfaces of hands

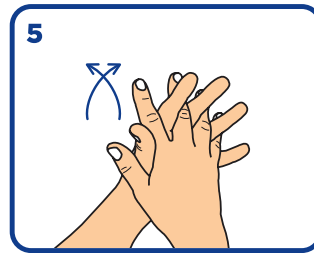
For Clinical Hand Wash:
Push fully twice for aseptic
handwashing



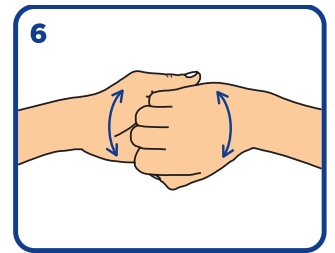
Rub soap into palms



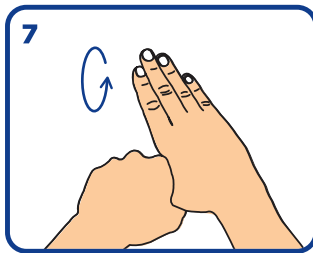
Rub backs of hands
with fingers interlaced



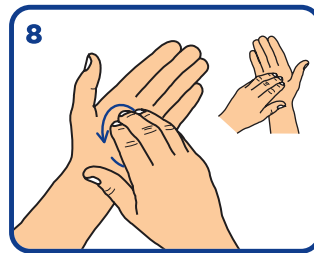
Rub palm to palm with
fingers interlaced



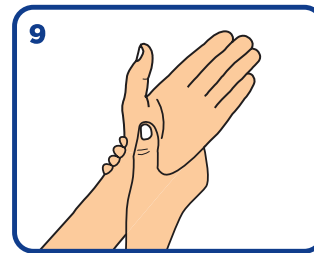
Work around fingers
and nails



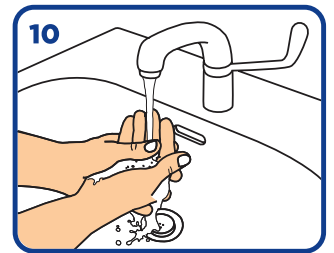
Rotational rubbing
around thumbs



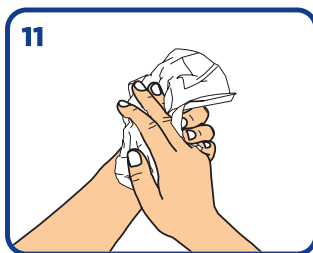
Scrub finger tips
on palm



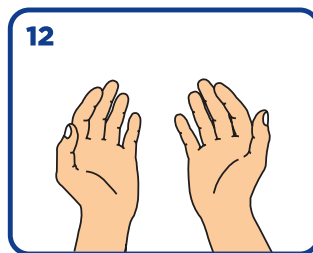
Rub each wrist



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**