

Hand Washing Technique

Choose the correct cleanser based on the procedure
(non-antimicrobial vs. antimicrobial)



START



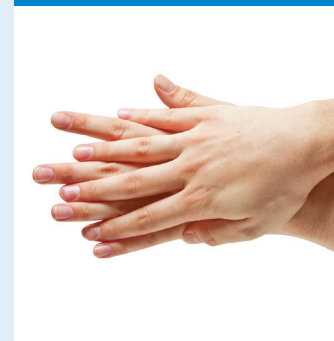
Wet hands with tepid water.
Apply soap or skin cleanser.

Step 1



Rub palms together.

Step 2



Rub the back of both hands.

Step 3



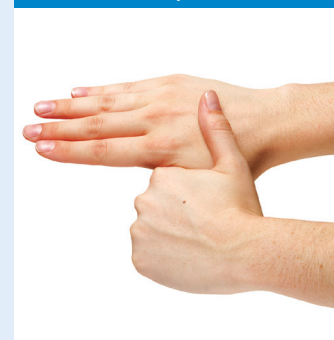
Palm to palm with interlaced
spread fingers.

Step 4



Interlock fingers and rub the
back and tips of fingers of
both hands.

Step 5



Clean both thumbs in a
rotating manner.

Step 6



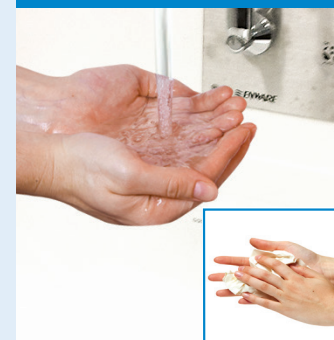
Clean both wrists.

Step 7



Rub fingertips on palm for both
hands.

FINISH



Rinse hands thoroughly. Pat hands
dry with a single use towel.

Duration of entire hand wash procedure is 40-60 seconds.