



HAND WASHING PROCEDURES

 <p>Wet hands with water</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>	 <p>apply enough soap to cover all hand surfaces.</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>
 <p>Rub hands palm to palm</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>	 <p>Right palm over the back of the other hand with interlaced fingers and vice versa</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>
 <p>palm to palm with fingers interlaced</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>	 <p>backs of fingers to opposing palms with fingers interlocked</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>
 <p>rotational rubbing of left thumb clasped in right palm and vice versa</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>	 <p>rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>
 <p>Rinse hands with water</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>	 <p>dry thoroughly with towel.</p> <p>Duration of Procedure: At least 15 seconds</p> <p>Step 1 2 3 4 5 6 7 8 9 10</p>

Reference: www.washyourhandsofthem.com – Scotland’s National Hand Hygiene Campaign, NHS Scotland and the World Health Organisation.