

Effective Hand Washing



Get water running to the correct temperature. Wet the hands.



Apply a generous amount of liquid soap or antiseptic hand wash



Rub the hands together briskly to create a good lather



Right palm over left dorsum and left palm over right dorsum (dorsum = back of a hand)



Palm to palm with fingers interlaced



Wash left and right palm by rotational rubbing

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Wash thumbs by rotational rubbing



Lock the fingers and rub against opposing palm and fingers



Wash wrists by rotational rubbing with opposing hand



Rinse thoroughly
Turn off the taps using your elbows



Dry the hands using paper towels
Dry the palms and back of the hands, between the fingers, finishing with the wrists



Dispose of used paper towels in an ordinary waste bin

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Frequently missed areas

