HAND CLEANING TECHNIQUES

NHS National Patient Safety Agency

How to handwash?

WITH SOAP AND WATER

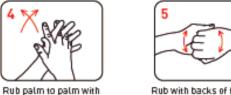




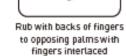
fingers interlaced

Rub each thumb clasped in

opposite hand using rotational movement







Rub back of each hand with the palm of other hand with fingers interlaced



Rub tips of fingers in opposite palm in a circular motion



Rinse hands with water









Wet hands with water

Apply enough soap to cover all hand surfaces



Rub each wrist with opposite hand

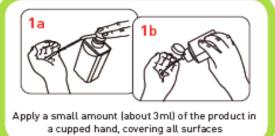


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National Patient Safety Agency

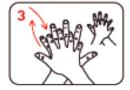
How to handrub?

WITH ALCOHOL HANDRUB





Rub hands palm to palm



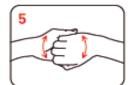
Rub back of each hand with the palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced

Rub each thumb clasped in opposite hand using

rotational movement



Rub with backs of fingers to opposing palms with fingers interlaced



Rub tips of fingers in opposite palm in a



circular motion



Rub each wrist with opposite hand





www.npsa.nhs.uk/cleanyourhands

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

