

effective hand washing technique



1 Rub hands, palm to palm.



2 Right palm over back of left hand and left palm over back of right hand.



3 Palm to palm, fingers interlaced.



4 Backs of fingers to opposing palms with fingers interlocked.



5 Rotational rubbing of right thumb clasped in left palm and vice versa.



6 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



7 Rotate right hand around left wrist and vice versa.

prevent the spread of infection

- Handwashing is the most important method of preventing the spread of infection.
- Normal skin has a resident population of microorganisms (commensals). Other microorganisms (transients) are picked up and shed during normal activity.
- The aim of normal handwashing is to remove transient organisms and liquid soap is the preferred method.
- It is important that hands are dried thoroughly as this helps reduce the incidence of skin disorders.