

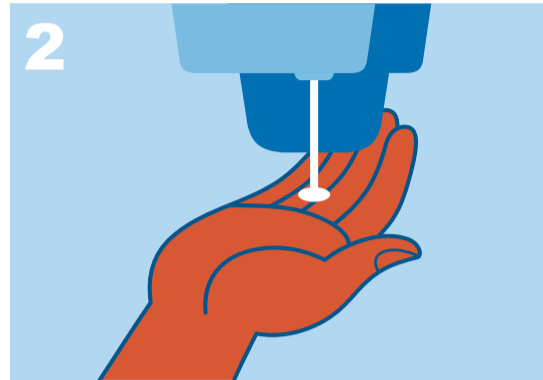
# Hand Hygiene

12 STEPS FOR EFFECTIVE  
HAND WASHING

 Washing should last 40-60 seconds  
Each step should be repeated at least five times



1 WET HANDS WITH WATER



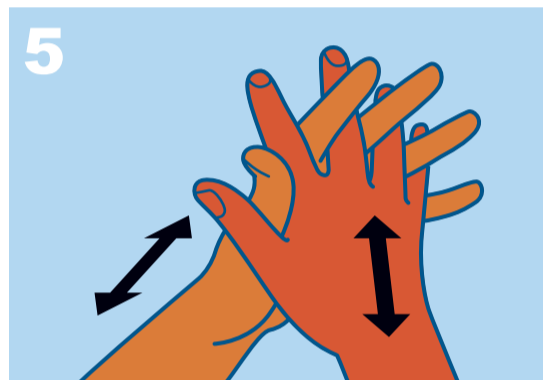
2 APPLY ENOUGH SOAP TO COVER ALL  
HAND SURFACES



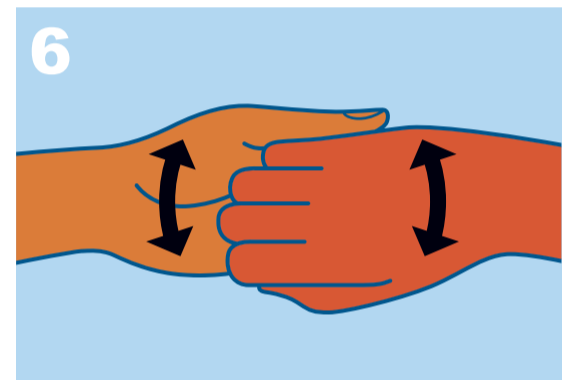
3 RUB HANDS PALM TO PALM



4 RIGHT PALM OVER BACK OF LEFT HAND WITH  
INTERLACED FINGERS AND VICE VERSA



5 PALM TO PALM WITH FINGERS INTERLACED



6 BACKS OF FINGERS TO OPPOSING PALMS  
WITH FINGERS INTERLOCKED



7 ROTATIONAL RUBBING OF LEFT THUMB  
CLASPED IN RIGHT PALM AND VICE VERSA



8 ROTATIONAL RUBBING OF THE FINGERTIPS  
(INCLUDING THE THUMB) OF THE RIGHT HAND IN  
THE PALM OF THE LEFT HAND AND VICE VERSA



9 ROTATIONAL RUBBING OF WRISTS



10 RINSE HANDS WITH WATER, KEEP WATER RUNNING



11 DRY HANDS THOROUGHLY WITH  
SINGLE USE TOWEL



12\* USE TOWEL TO TURN OFF FAUCET, THEN PLACE  
TOWEL INTO A WASTE RECEPTACLE

 Your hands are now clean

For more information contact: [productquality@pfscm.org](mailto:productquality@pfscm.org)