

# Hand Washing Technique

Wet hands thoroughly with warm water and apply liquid soap



Palm to palm.



Right palm over left dorsum and left palm over right dorsum.



Palm to palm fingers interlaced.



Backs of fingers to opposing palms with fingers interlocked.



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



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

Remember to include wrists, remove all soap, dry hands thoroughly with paper towels and use moisturiser at least three times a day

**Infection  
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