

# Handwashing Technique

## Preparation



1. Remove hand and wrist jewellery (wedding band allowed) N.B. Keep nails short

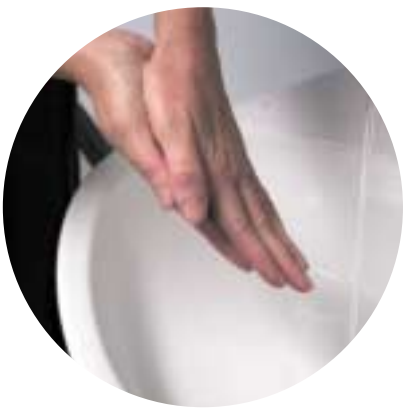


2. Wet hands thoroughly under warm running water



3. Apply 5mls of soap/antiseptic soap to cupped hand by pressing dispenser with heel of hand (do not use finger tips on the dispenser)

## Handwashing - (process takes at least 15 seconds)



4. Rub palm to palm 5 times



5. Rub right palm over the back of left hand up to wrist level 5 times. Do the same with the other hand



6. With right hand over back of left hand rub fingers 5 times. Do same with the other hand



7. Rub palm to palm with the fingers in interlaced



8. Wash thumbs of each hand separately using a rotating movement



9. Rub the tips of the fingers against the opposite palm using a circular motion. Also ensure nail beds are washed



10. Rinse hands thoroughly under running water to remove all traces of soap



11. Turn off taps using elbows



12. Dry hands completely using a disposable paper towel



13. Discard paper towel in waste bin. Open bin using foot pedal only to avoid contaminating clean hands

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