

HAND HYGIENE REGIMEN FOR HANDWASHING



1



Wet hands under warm running water. Leave water running.

2



Dispense soap.

3



Rub hands palm to palm.

4



Rub right palm over top of left hand with interlaced fingers. Repeat with left palm over top of right hand.

5



Rub palms together with fingers interlaced.

6



Rub backs of fingers to opposing palms with fingers interlocked.

7



Rotate rubbing the left thumb clasped in the right palm. Repeat with right thumb clasped in the left palm.

8



Rotate rubbing, backwards and forwards with clasped fingers of your right hand in your left palm. Repeat with left hand in right palm.

9



Rinse hands thoroughly with running water.

10



Dry with clean paper towels. Turn water off using a towel. The total process should take approximately 40-60 seconds.

