**HAND CLEANING TECHNIQUES**

**How to handwash?**

WITH SOAP AND WATER

1. Apply enough soap to cover all hand surfaces
2. Rub hands palm to palm
3. Rub back of each hand with the palm of other hand with fingers interlaced
4. Rub palm to palm with fingers interlaced
5. Rub with backs of fingers to opposing palms with fingers interlaced
6. Rub each thumb clasped in opposite hand using rotational movement
7. Rub tips of fingers in opposite palm in a circular motion
8. Rub each wrist with opposite hand
9. Rinse hands with water
10. Use elbow to turn off tap
11. Dry thoroughly with a single-use towel
12. Your hands are now safe

**www.npsa.nhs.uk/cleanyourhands**

Adapted from World Health Organization Guidelines on Hand Hygiene in Health Care
HAND CLEANING TECHNIQUES

How to handrub?
WITH ALCOHOL HANDRUB

1a. Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces.

1b. Rub hands palm to palm.

2. Rub back of each hand with the palm of other hand with fingers interlaced.

3. Rub palm to palm with fingers interlaced.

4. Rub each thumb clasped in opposite hand using rotational movement.

5. Rub with backs of fingers to opposing palms with fingers interlaced.

6. Rub tips of fingers in opposite palm in a circular motion.

7. Rub each wrist with opposite hand.

8. Once dry, your hands are safe.

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