



**SECONDS
SAVE
LIVES**
— CLEAN YOUR —
HANDS!

HAND WASHING TECHNIQUE



Effective hand-wash
technique should last
20-30 seconds

5TH MAY
**WORLD HAND
HYGIENE DAY**

**SAVE LIVES
CLEAN YOUR HANDS**



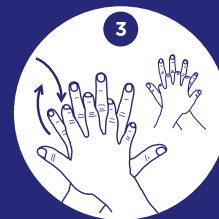
**Private
Organizations
for Patient
Safety
Hand Hygiene**



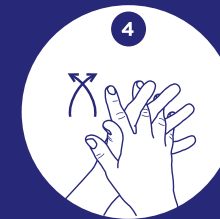
Apply enough soap to
cover all hand surfaces



Rub hands palm to palm



Rub back of each hand
with palm of other hand
with fingers interlaced



Rub palm to palm with
fingers interlaced



Rub with backs of fingers
to opposing palms with
fingers interlocked



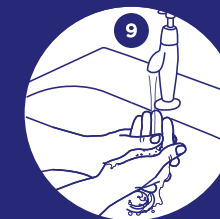
Rub each thumb clasped
in opposite hand using a
rotational movement



Rub tips of fingers in
opposite palm in a
circular motion



Rub each wrist with
opposite hand



Rinse hands with water



Use elbow to turn off tap
(if no elbow tap available, use
paper towel to turn off tap)

DRY HANDS THOROUGHLY