

Hand Hygiene for healthcare workers



1 Palm-to palm.

Right palm over back of left hand, left palm over back of right hand.



2

3 Palm-to-palm fingers interlaced.



Backs of fingers to opposing palms with fingers interlaced.

4



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



Rotational rubbing of right thumb clasped in left palm and vice versa. Wrists are similarly rubbed.

6



6 Step Technique

A six step handwashing technique as outlined here was devised by Ayliffe et al (1978). Each step consists of several strokes backwards and forwards.

Wet hands and then apply soap/antiseptic solution.

Rinse hands under running water and dry thoroughly with disposable paper towel.