HAND WASHING

Health Protection Agency

Hand washing technique:

1. Palm to palm

2. Right palm over left dorsum and left palm over right dorsum

3. Palm to palm fingers interlaced

4. Backs of fingers to opposing palms with fingers interlocked

5. Rotational rubbing of right thumb clasped in left and vice versa

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

Reference: Ayliffe GAJ, et al (1992) Control of hospital infection; A practical handbook. Third edition, Chapman and Hall, London.