

HAND HYGIENE TECHNIQUE

Infection Control

Worcestershire NHS

1



Wet hands prior to application of liquid soap.

2



Palm to palm and palms over dorsum.

3



Interlaced fingers over dorsums.

4



Fingers interlaced palm to palm.

5



Back of fingers to opposing palms.

6



Rotational rubbing of thumbs.

7



Rotational rubbing of palms.

8



Rotational rubbing of palms with fingers over dorsum

9



Dry hands thoroughly using disposable paper towel.

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