

# Hand Washing Procedure

Duration of the entire procedure : 40-60 seconds



0 Wet hands with water



1 Apply enough soap to cover all hand surfaces



2 Rub hands palm to palm



3 Right palm over left dorsum with interlaced fingers and vice versa



4 Palm to palm with fingers interlaced



5 Backs of fingers to opposing palms with fingers interlocked



6 Rotational rubbing of left thumb clasped in right palm and vice versa



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



8 Rinse hands with water

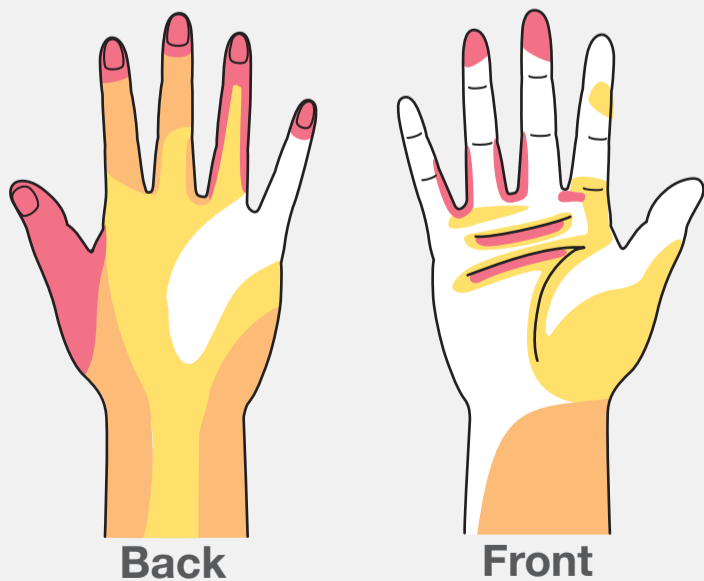


9 Dry hands thoroughly with a single use towel



10 Use towel to turn off faucet

## Frequently missed areas during Hand Washing



Back

Front

### Inadequacy of hand washing and disinfection.

- Most frequently missed
- Frequently missed
- Less frequently missed

Reference : Taylor, L.T., Nursing Times, 74, 54 (1978)