

# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

Duration of the entire procedure: 40 60 seconds

**m**



Wet hands with water;

**D**

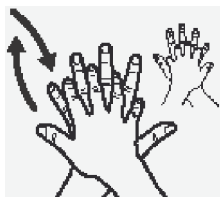


Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;

**IJ**



Right palm over left dorsum with Inter1aced fingers and vice versa;

**II**



Palm to palm with fingers Inter1aced;



Backs of fingers to opposing palms with fingers Inter1ocked;

**6**



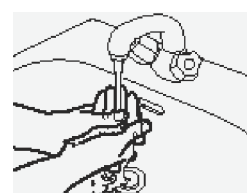
Rotational rubbing of left thumb clasped In right palm and vice versa;

**7**



Rotational rubbing, backwards and forwards with clasped fingers of r1ght hand In left palm and vice versa;

**8**



Rinse hands with water;

**m**



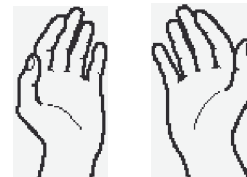
Dry hands thoroughly with a single use towel;

**10**



Use towel to tum off faucet;

**11**



Your hands are now safe.



**World Health Organization**

**Patient Safety**

A World Alliance for Safer Health Care

**SAVE LIVES**  
Clean Your Hands