

HOW TO PROPERLY WASH YOUR HANDS



1. Wet hands with warm water and apply liquid soap



2. Rub hands together palm to palm



3. Rub back of each hand with the palm of the other hand



4. Rub finger tips and nails in palm of opposite hand



5. Rub each thumb clasped in opposite hand



6. Rub each wrist clasped in opposite hand



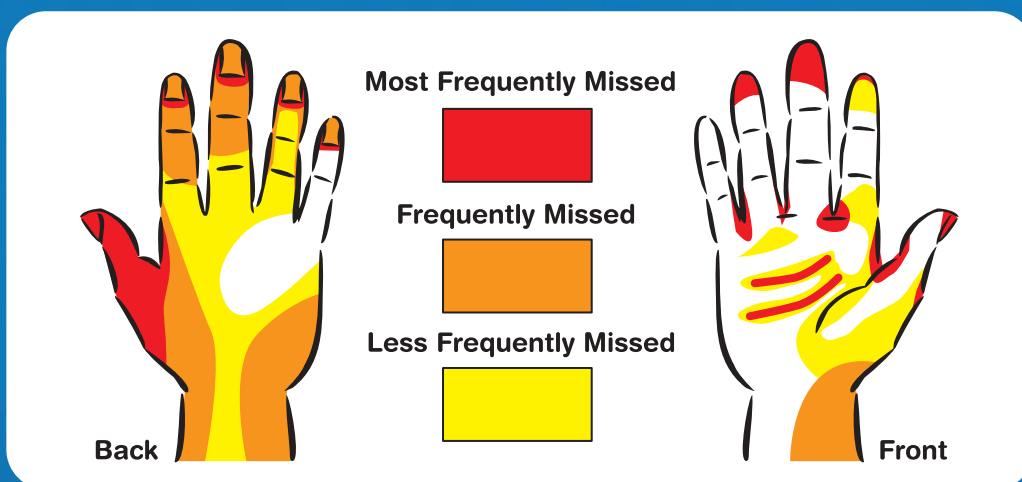
7. Rinse hands thoroughly with water



8. Dry hands thoroughly and use paper towel to turn off faucet

Reference: APIC 'Hand Hygiene for Consumers' 2003.

FREQUENTLY MISSED AREAS



Taylor L. An evaluation of handwashing techniques.