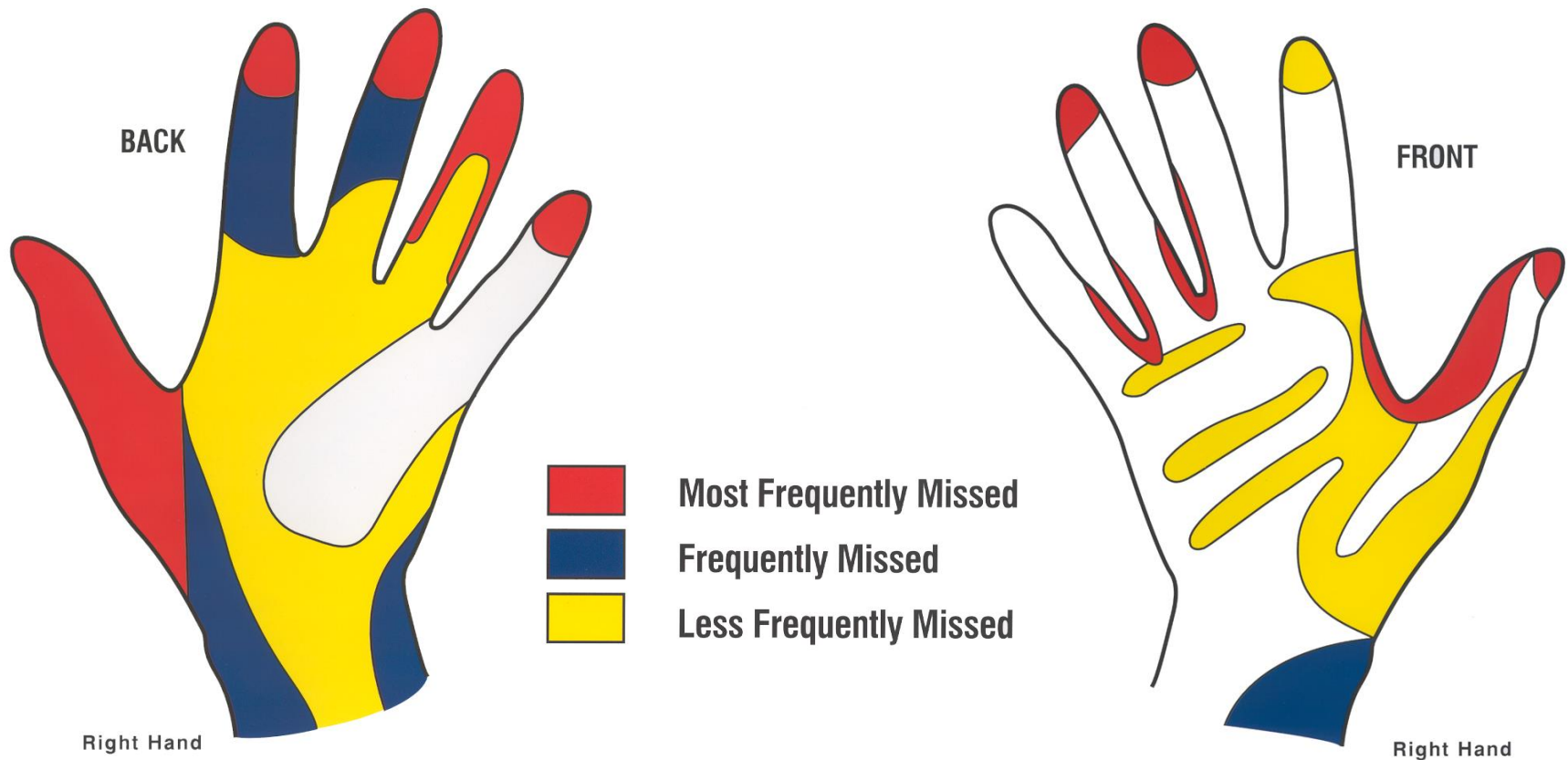


Hand Washing

(Tayler et al 1978)

Areas most commonly missed during hand washing



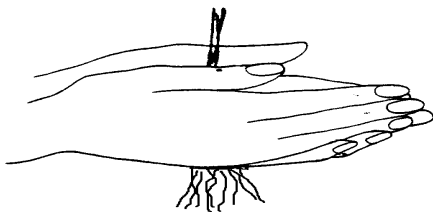
Hand Washing

Wash hands using the following 8 steps.

Each step consists of five strokes rubbing backwards and forwards.

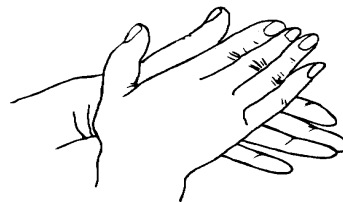
1.

Wet hands under running water. Take a measure of soap.



2.

Work into hands, palm to palm.



3.

Right hand over back of left and vice versa.



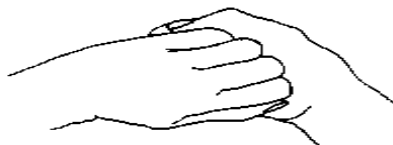
4.

Rub palm to palm, fingers interlaced.



5.

Back of left fingers to right palms, fingers interlocked and vice versa.



6.

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



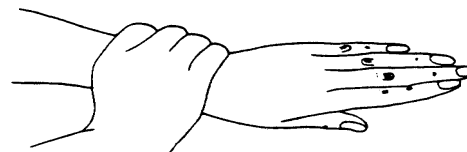
7.

Rub left palm with clasped fingers of right hand and vice versa.



8.

Left wrist with right hand and vice versa.



Rinse hands under running water and dry thoroughly