

Six steps to Effective Hand Washing

Step 1



Palm to palm

Step 2



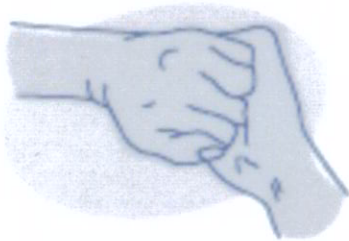
Right palm over back of left, fingers interlaced, and then vice versa

Step 3



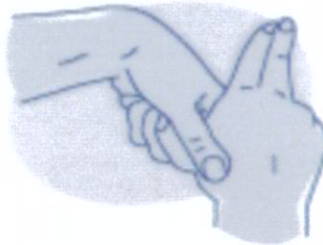
Palm to palm, fingers interlaced

Step 4



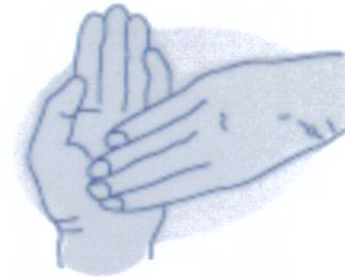
Back of fingers opposing palms with fingers interlaced

Step 5



Rotational rubbing of thumbs enclosed by palm

Step 6



Rotational rubbing backwards and forwards with fingertips of right hand in palm of left, and vice versa