

Five Finger Technique of Handwashing

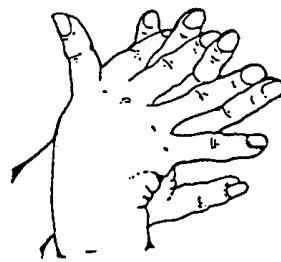
Hands



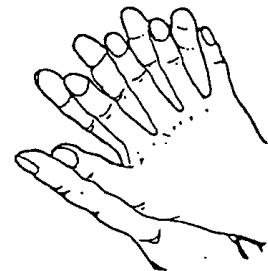
Handwashing Method



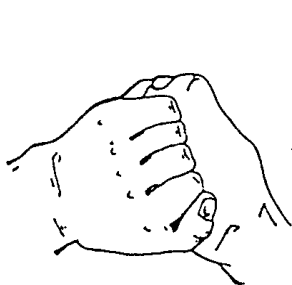
Step One
Palm to palm
●
(Frequently neglected areas)



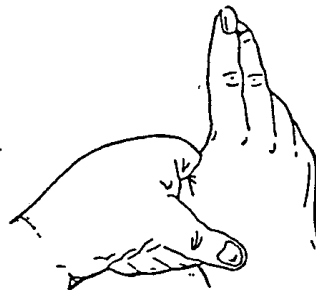
Step Two
Right palm over left dorsum and left palm over right dorsum



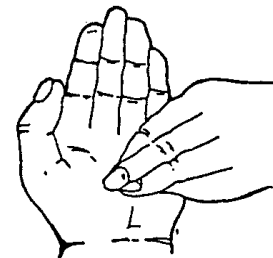
Step Three
Palm to palm fingers interlaced



Step Four
Back of fingers to opposing palms with fingers interlocked



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



Step Six
Rotational rubbing backwards and forwards with clasped fingers in left palm and vice versa

Don't Forget Your Wrists!