



KWAZULU-NATAL PROVINCE

HEALTH
REPUBLIC OF SOUTH AFRICA

HAND WASHING FOR HEALTHCARE WORKERS

1



Wetting of hands

2



Apply liquid soap

Close tap
with
elbow

3



Palm to Palm

4



Right palm over left
dorseum

5



Left palm over right
dorseum

6



Palm to palm fingers
interlaced

7



Back of fingers to
opposing palm with
fingers interlocked

8



Rotational rubbing of
right thumb clasped in
left palm and visa
versa

9



Rotational rubbing backwards
and forwards with clasped
fingers of right hand in left
palm and visa versa

10



Rinse hands
thoroughly

Open
tap
with
elbow

11



Switch off tap with
elbow

12



Dry well with
paper towel