

Hand Hygiene for healthcare workers



1 Palm-to palm.

Right palm over back of left hand, left palm over back of right hand.

2



3 Palm-to-palm fingers interlaced.



Backs of fingers to opposing palms with fingers interlaced.

4



5 Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm and vice versa.



6 Rotational rubbing of right thumb clasped in left palm and vice versa. Wrists are similarly rubbed.

6



6 Step Technique

A six step handwashing technique as outlined here was devised by Ayliffe et al (1978). Each step consists of several strokes backwards and forwards.

Wet hands and then apply soap/antiseptic solution.

Rinse hands under running water and dry thoroughly with disposable paper towel.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive