

**SAVE LIVES**  
Clean **Your** Hands

August 2009

## Hand Hygiene

### When and How



**World Health Organization**

**Patient Safety**

A World Alliance for Safer Health Care

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# How to handrub?

**RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED**

**⌚ Duration of the entire procedure: 20-30 seconds**

**1a**  **1b** 

Apply a palmful of the product in a cupped hand, covering all surfaces;

**2** 

Rub hands palm to palm;

**3**  **4**  **5** 

Right palm over left dorsum with interlaced fingers and vice versa;

Palm to palm with fingers interlaced;

Backs of fingers to opposing palms with fingers interlocked;

**6**  **7**  **8** 

Rotational rubbing of left thumb clapsed in right palm and vice versa;

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

Once dry, your hands are safe.

# How to handwash?

**WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB**

**⌚ Duration of the entire procedure: 40-60 seconds**

**0**  **1**  **2** 

Wet hands with water;

Apply enough soap to cover all hand surfaces;

Rub hands palm to palm;

**3**  **4**  **5** 

Right palm over left dorsum with interlaced fingers and vice versa;

Palm to palm with fingers interlaced;

Backs of fingers to opposing palms with fingers interlocked;

**6**  **7**  **8** 

Rotational rubbing of left thumb clapsed in right palm and vice versa;

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

Rinse hands with water;

**9**  **10**  **11** 

Dry hands thoroughly with a single use towel;

Use towel to turn off faucet;

Your hands are now safe.