

7 Steps to Effective Hand Hygiene



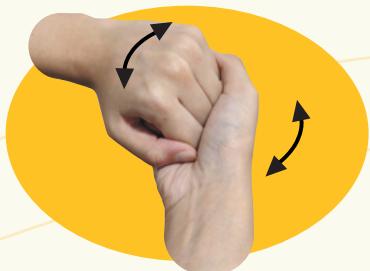
1. Rub hands palm to palm



2. Right palm over left dorsum with interlaced fingers and vice-versa



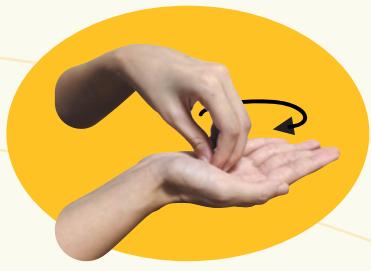
3. Palm to palm with fingers interlaced



4. Back of fingers to opposing palms with fingers interlocked



5. Rotational rubbing of right thumb clasped in left palm and vice-versa



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



7. Wrap left hand over right wrist using rotational movements up to mid-forearm and vice-versa