



Rub hands palm
to palm



Rub the back of
both hands



Palm to palm with
fingers interlaced

7 STEPS TO HAND HYGIENE



Back of fingers to opposing
palm, with fingers
interlocked



Rotational rubbing of
right thumb clasped in
left palm. Vice versa



Wrap left hand over right
wrist using rotational
movements up to mid
forearm. Vice versa



Rotational rubbing
backward and forward with
clasped fingers of left hand
in right palm. Vice versa