

First Name: _____

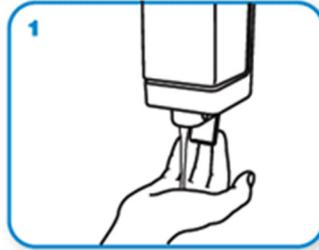
Last Name: _____

5.S.91010-12 – Hand-Washing Technique

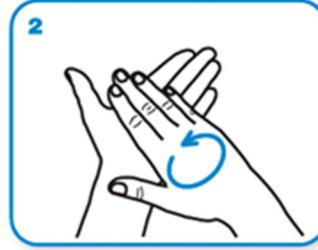
Alberta Health Services Poster



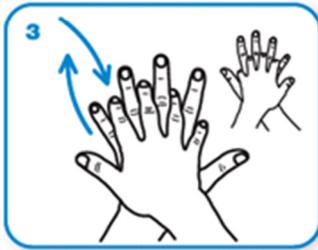
Wet hands with water



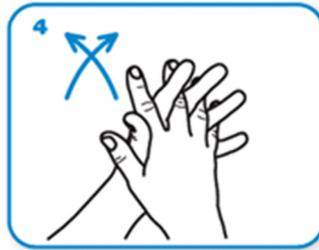
apply enough soap to cover all hand surfaces.



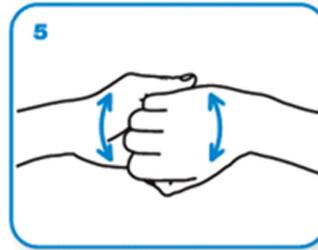
Rub hands palm to palm



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



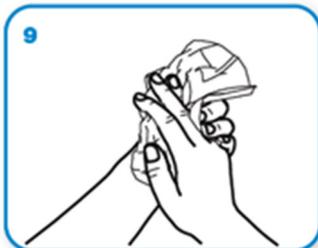
rotational rubbing of left thumb clasped in right palm and vice versa



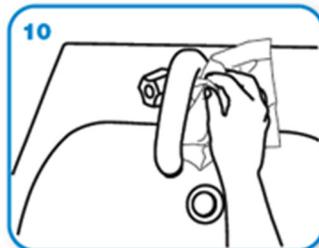
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



dry thoroughly with a single use towel



use towel to turn off faucet



...and your hands are safe.

8-Step Technique to Practice



Wash your palms.



Scrub each finger and between fingers.



Run back of hands and between fingers.



Rub the base of the thumbs.



Back of Fingers

Wash back of fingers.



Scrub your nails on palms.

Scrub your nails on palms.



Wash your wrist

Wash your wrist.



Dry hands with clean towel or tissue.

Dry hands with clean towel or tissue.

Differences?

Different sources will demonstrate proper hand-washing techniques using different steps, but one thing they all have in common is that the procedure takes approximately 30 seconds, and involves covering all areas of the hand with soap.

Most commonly people wash their palms (Step #1) very well, and possibly quickly wash the back of their hands (partial Step #2) before drying their hands. This results in a large portion of the hand not thoroughly washed with soap.

Assessment?

Students will demonstrate all 8-steps of the “8-step technique” to wash their hands, and be graded on the number of steps performed correctly. Marks will be out of 8.