Queensland Health

CLEAN HANDS **SAVE LIVES**

12 steps to successful everyday handwashing



Wet hands with water.



Apply enough soap to cover all hand surfaces.



Lather thoroughly.



Rub hands palm to palm.



Rub hands palm to palm with fingers interlaced.



Rub back of hand using the palm of the other with fingers interlaced.



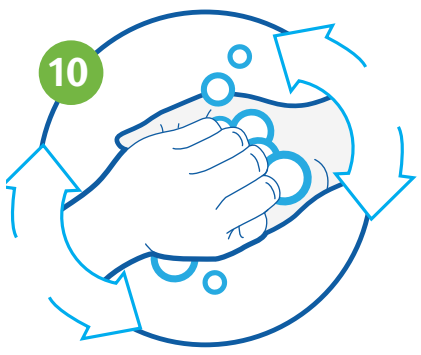
In a circular motion rub the tips of fingers in the palm of the opposite hand.



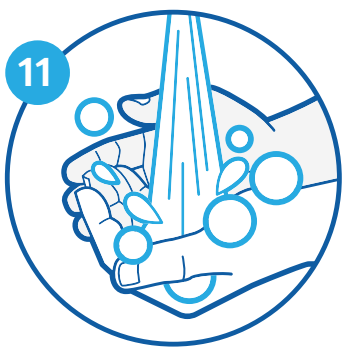
Clean thumb by holding it in the other hand and rotating.



Rub wrist with the opposite hand.



Interlock fingers and rub back of fingers on opposite palms.



Rinse hands with water.



Dry hands with clean paper towel and use paper towel to turn off tap.

Duration of hand-wash



STEPS 3 TO 10

Researchers think that if everyone washed their hands properly, about 1 million lives would be saved every year.[1]

When performed correctly, hand hygiene results in a reduction of microorganisms on hands. Poor hand hygiene contributes to the spread of pathogens, which can cause health issues such as gastrointestinal and respiratory infections.

Please note: These guidelines are for social handwashing only, such as after toilet use and before touching food. This poster is not intended for use in clincal settings.

1. Curtis, V 2003, 'Effect of washing hands with soap on diarrhoea risk in the community: a systematic review' Lancet Infec Dis, Retrieved 19 March 2019, www.ncbi.nlm.nih.gov/pubmed/12726975

'Based on the 'How to HandWash Poster' © World Health Organization 2009.

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