



7 STEPS OF HANDWASHING

(FOUNDATION OF NURSING)



First Year B SC. Nursing (SEM-II) Batch -2022-23



Sindhudurg Education Society's

SHREE SARASWATI COLLEGE OF NURSING, TONDAVALI

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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

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Though we may not be able to see them, our hands pick up lots of germs and dirt from the different surfaces that we touch. Therefore, washing our hands is crucial in preventing diseases from spreading.

Let's keep our hands clean and loved ones safe with these 7 simple steps of hand washing!

Why is it important to wash your hands?

The unfriendly microbes that are picked up by your hands can be responsible for causing different types of illnesses such as diarrhoea and respiratory infections.

They can then spread from one person to another when you eat or touch your face without washing your hands. Hence, proper hand washing will prevent you and your loved ones from falling sick!

7 steps of hand washing

These 7 steps of hand washing have been endorsed by the World Health Organisation (WHO).

Recommended duration for washing hands: 40 – 60 seconds

Step 0: Wet your hands and apply soap

For a start, use clean water to wet your hands. Take enough soap to cover your entire hands and wrists.

Note: Avoid washing your hands with hot water as it may dry out your skin.

Step 1: Rub your palms together

Now you're ready to begin scrubbing!

Put your palms together and rub in a circular motion.

Step 2: Rub the back of each hand with interlaced fingers

Next, place your right palm over the back of your left hand and rub with your fingers interlaced.

Once you're done, do the same with your left palm over the back of your right hand.

Step 3: Rub your hands together with interlaced fingers

Clean in between your fingers by rubbing your palms together with fingers interlaced.

Step 4: Rub the back of your fingers

It's now time to clean the back of your fingers! Clench your fingers and interlock them with one another. Rub them against your palms and switch over once you're done with one hand.

Step 5: Rub your thumbs

Clean around your thumb by wrapping one hand over the other thumb and rubbing in a rotational motion. You can do the same for the other side once you're done.

Step 6: Rub the tips of your fingers

Finally, rub your fingertips on the palm of the opposite hand in a circular motion. Swap over to do the same for your other hand.

Step 7: Rub and clean wrist and hands

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

The last step is to rinse your hands thoroughly with clean water and dry them.