

PROJECT FIRSTLINE Hand Hygiene Steps

Detailed handwashing steps for infection prevention and control for frontline staff in health care and other settings.
Takes 20 seconds – enough time to sing “Happy Birthday” twice.

Wet hands with water



Apply enough soap to cover all hand surfaces



Rub hands palm to palm



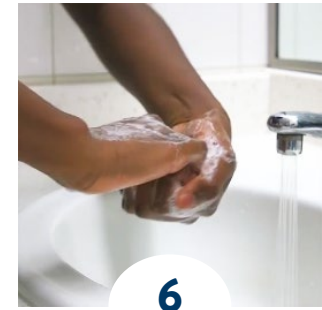
Rub palm to back of hand with fingers interlaced & vice versa



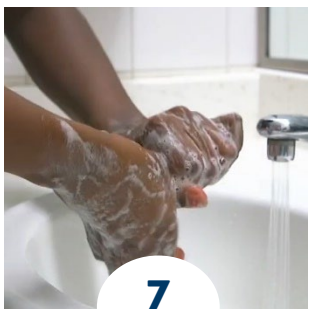
Rub palm to palm with fingers interlaced



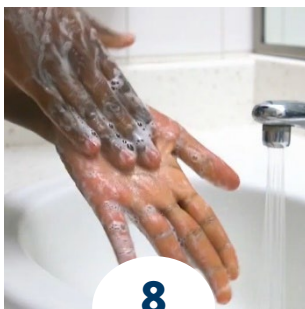
Curl fingers to rub fingernails against palms



Grab thumb and rotate back and forth & vice versa



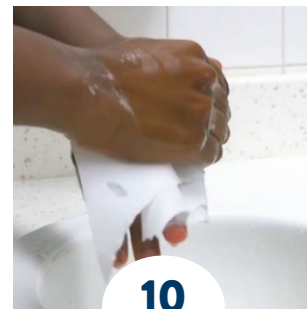
Rub fingertips up and down against palm & vice versa



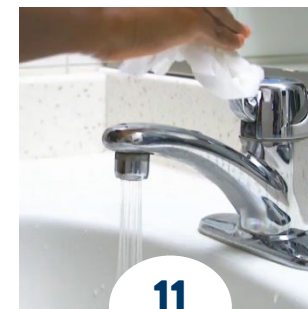
Rinse hands with water



Dry hands thoroughly with clean towel



Turn off water with towel



If hands are not visibly soiled, use the same steps 2-8 with an alcohol-based hand sanitizer product.

