



Handwashing 101

Perform Proper Procedure for Hand Hygiene

1. Stand in front of a sink, keeping your hands and uniform away from the sink surface. If your hands touch the sink during hand washing, repeat the sequence.
2. Turn the faucet on, or push the knee pedals laterally, or press the pedals with your foot to regulate the flow and temperature of the water.
3. Avoid splashing water against your uniform.
4. Regulate the flow of water so that the temperature is warm.
5. Wet your hands and wrists thoroughly under the running water. Keep your hands and forearms lower than your elbows during washing.
6. Apply 3 to 5 mL of antiseptic soap, and rub your hands together.
7. Wash your hands, using plenty of lather and friction, for at least 15 to 30 sec. Interlace your fingers and rub your palms, including around the thumb area and the back of your hands, with a circular motion at least five times each. Keep your fingertips pointed down to facilitate the removal of microorganisms.
8. Areas underlying the fingernails are often soiled. Clean them with the fingernails of the other hand, using additional soap or a disposable nail cleaner.
9. Rinse your hands and wrists thoroughly, keeping your hands down and your elbows up.
10. Dry your hands thoroughly, from the fingers to the wrists, with a paper towel, a single-use cloth, or a warm-air dryer.
11. If you use a paper towel, discard it in the proper receptacle.
12. To turn off the hand faucet, use a clean, dry paper towel, making sure to avoid touching the faucet handles with your hands. Turn off the water with a foot or knee pedal if applicable.
13. Apply lotion to your hands. Use the facility-provided lotion if one has been provided. Avoid using petroleum-based lotions.
14. Do not use lotion if you are going to be providing patient care immediately after washing.