

# 10 Steps to Effective Hand Washing



**NURSING  
PRACTICE  
ACADEMY**

1



Wet hands and forearms

2



Soap up rubbing palm to palm

3



Rub with fingers interlaced

4



Massage between fingers,  
right palm over back of left hand,  
left palm over back of right hand

5



Scrub with fingers locked  
including finger tips

6



Rub rotationally with  
thumbs locked

7



Rinse thoroughly.  
Use elbow to close tap to prevent  
recontamination of hands

8



Dry palms and backs of hands  
using a paper towel to help  
remove remaining bacteria

9



Work towel between fingers  
and dry around and under nails

10



Place used towels in a bin,  
ensuring that you do not touch  
the bin lid with your hands



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For further information on infection prevention and control and skin health visit:  
**[rcn.org.uk/clinical-topics/Infection-prevention-and-control-advice/Skin-health](https://rcn.org.uk/clinical-topics/Infection-prevention-and-control-advice/Skin-health)**