

Handwashing Techniques (Key)

The Association for Professionals in Infection Control and Epidemiology (APIC) recommends the following procedure for thorough handwashing:

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| 1 | Wet hands with warm running water |
| 2 | Apply handwashing agent (soap) and thoroughly distribute over hands |
| 3 | Vigorously rub hands together for 10 to 15 seconds, generating friction on all surfaces of the hands and fingers, including thumbs, backs of fingers, backs of the hands, and beneath the fingernails |
| 4 | Rinse hands thoroughly to remove residual soap then dry using paper towels dispensed from holders that require the user to remove them one at a time |
| 5 | If the sink does not have foot controls or an automatic shutoff, a paper towel may be used to shut off the faucet to avoid recontaminating the hands |

Source: Texas Department of State Health Services
<http://www.dshs.state.tx.us/idcu/health/prevention/handwashing/>