



## INFOGRAFIA

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# HAND WASHING IN NURSING

Similarly, he recommends following the 11 steps of the hand washing technique, which should last between 40 and 60 seconds:



Wet your hands with water.

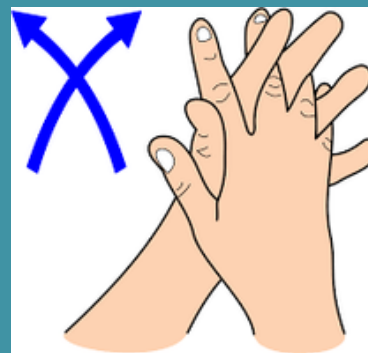
Place a sufficient amount of soap in the palm of your hand to cover the surface of your hands.

Rub your palms together.  
5 consecutive times



Rub the palm of the right hand against the back of the left hand, interlocking the fingers and vice versa. 5 consecutive time

Rub your palms together, fingers interlocked. 5 consecutive time



Rub the back of the fingers of one hand with the palm of the opposite hand, grasping the fingers. 5 consecutive time

Rub your left thumb in a rotating motion, catching it in the palm of your right hand, and vice versa. 5 consecutive time



Rub the tips of the fingers of the right hand against the left hand, making a rotational movement and vice versa. 5 consecutive time

Rinse your hands with water.  
Dry your hands with a single-use towel.  
Use the towel to turn off the faucet.

