



Ministry of Health Malaysia



Infection Control Unit  
Medical Care Quality Section  
Medical Development Division  
Ministry of Health, Malaysia

# How to HANDWASH?

1

Rub hands palm to palm



2

Right palm over left dorsum with interlaced fingers and vice versa



3

Palm to palm with fingers interlaced



4

Backs of fingers to opposing palms with fingers interlocked and vice versa



5

Rotational rubbing of left thumb clasped in right palm and vice versa



6

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



Wash hands only when visibly soiled!  
Otherwise use handrub!



Duration of the entire procedure:

**40-60**  
sec

Before performing hand hygiene:

- Expose forearms
- Remove all hand/wrist jewellery and watch
- Ensure finger nails are clean, short and artificial nail or nail products are not worn
- Cover all cuts or abrasions with water proof dressing

*\*For the procedure involving the wrist (e.g palpation of the abdomen), additional step on rotational rubbing of wrist clasped in left palm and vice versa should be included*