



正确的洗手方法

Proper Hand Washing Technique



School of Nursing
護理學院

Each step should be repeated at least five times
重复以下每个动作最少五次

1



将适量皂液放在掌心
Apply appropriate liquid
soap to the palm

2



掌心擦掌心
Palm to palm

3



右掌心擦左手背，然后交替洗
Right palm over Left dorsum, and
vice versa

4



掌心擦掌心，手指交错
Palm to palm,
fingers interlaced

5



左右手手指互扣，重复磨擦
Backs of fingers to opposing
palms with fingers interlocked

6



用左手握紧右手拇指，旋转
磨擦，然后交替洗
Rotational rubbing of Right
thumb in Left palm, and vice
versa

7



右手手指在左手掌心打圈磨擦，
然后交替洗
Rotational rubbing fingers in Left
palm, and vice versa

8



左手握右手手腕，
旋转磨擦，然后交替洗
Rotational rubbing of the right
wrist with the left hand and vice
versa

9



用干净毛巾或抹手纸
彻底擦干双手
Remember to dry your hands
thoroughly with clean towel or
tissues