

Steps of Hand Washing



Rinse hand



Use soap



Palm to palm



Finger interlaced



Back to hands



Base of thumbs



Fingernails



Wrist

Practical - 9

Date: / /

Aim: To study the Personal hygiene and etiquettes – Hand Washing Techniques.

Reference:.....

Requirements:.....

Theory:

Handwashing is one of the best ways to protect yourself and your family from getting sick. Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch surfaces or objects that have germs on them
- Blow your nose, cough, or sneeze into hands and then touch other people’s hands or common objects.

Note: - If soap and water are not readily available, use a hand sanitizer with at least 60% alcohol to clean your hands.

Five Steps to Wash Your Hands the Right Way

Washing your hands is easy, and it’s one of the most effective ways to prevent the spread of germs. Clean hands can help stop germs from spreading from one person to another and in our communities—including your home, workplace, schools, and childcare facilities.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands **for at least 20 seconds**.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or an air dryer.

Report: We have studied the

Questions Bank

1. What is the meaning of Personal hygiene and etiquettes?
2. Write the steps of hand washing.
3. Alcohol percentage used for hand washing.
4. What is the respiratory infections?
5. What is the diarrheal infections?
6. Write the name of one antibacterial used for hand washing.
7. Hand washing prevent the spreading of
8. Write the five condition in which hand washing are compulsory.
9. Write the different dosage form used for hand washing.
10. Write the one branded product name used for hand washing.