

# The Zen of Handwashing

It was then I experienced the Zen of hand washing: a refuge of calm in the midst of chaos.

The first few lines of *Amazing Grace* take about 15 seconds to sing [to yourself.] *The 59th Street Bridge Song (Feeling Groovy)* opens with particularly appropriate lyrics (slow down, you move too fast), and it takes about 15 seconds to sing through the first feeling groovy.

- Jean A. Proehl, RN

OnE HaNd WaSh Da OtHeR  
BoTh WaSh Da FaCe

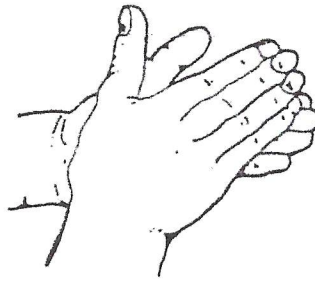
- MC Killa Sha

Water flows over these hands.

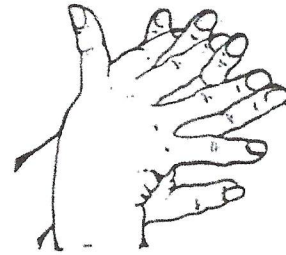
May I use them skillfully

To preserve our precious planet.

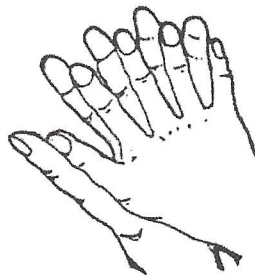
- Thich Nhat Hanh



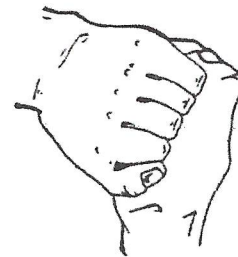
1. Palm to palm



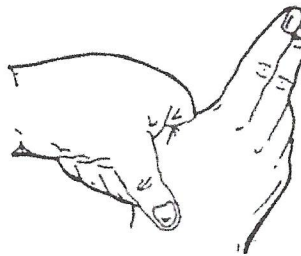
2. Right palm over left dorsum and left palm over right dorsum



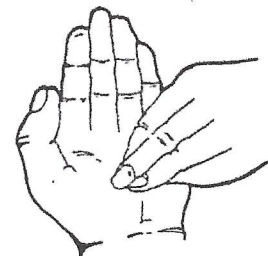
3. Palm to palm, fingers interlaced



4. Back of fingers to opposing palms with fingers interlocked



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



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



■ Areas most frequently missed by handwashing  
■ Less frequently missed  
■ Not missed