



1

内

掌心相对, 相互揉搓

A person wearing a maroon jacket is shown from the chest down, with their hands positioned to demonstrate a handwashing step. The hands are held palm-to-back, with fingers interlaced. The background is plain white.

2 外

手心对手背
指缝相互揉搓

A person wearing a maroon jacket is shown from the chest down, with their hands held together in a clapping motion. The palms are facing each other, and the fingers are slightly spread. The background is a blurred outdoor setting with green foliage and a light-colored wall.

3

夹

掌心相对，双手交叉
指缝相互揉搓

A person wearing a maroon jacket is shown from the chest down to the waist. They are holding their hands together in front of them, with fingers interlaced. The person's arms are extended forward, and their hands are positioned at about chest height. The background is plain white.

4

弓

弯曲手指

使关节在另一掌心旋转揉搓

A close-up photograph of two hands performing a massage technique. The left hand is held palm up, and the right hand is wrapped around it, with the thumb of the right hand pressing against the palm of the left hand. The background is a plain, light color.

5

大

一手握住另一手大拇指

旋转揉搓



6/立

五个指尖在另一掌心揉搓

A close-up photograph of a person's hands and forearms, wearing a maroon jacket. The person is performing a hand hygiene step, with their hands clasped together and wrists being rubbed. The background is plain white.

7 / 腕 清洁手腕

