



Best Practice: How to hand wash step by step images

Steps 3-8 should take at least 15 seconds.

1

Wet hands with water.

2

Apply enough soap to cover all hand surfaces.

3

Rub hands palm to palm.

4

Right palm over the back of the other hand with interlaced fingers and vice versa.

5

Palm to palm with fingers interlaced.

6

Backs of fingers to opposing palms with fingers interlocked.

7

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

8

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

9

Rinse hands with water.

10

Dry thoroughly with towel.

11

Use elbow to turn off tap.

12

Steps 3-8 should take at least 15 seconds.
... and your hands are safe*.

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