




# Best Practice: How to hand wash step by step images

Steps 3-9 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



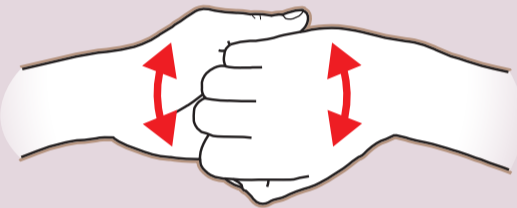
Right palm over the back of the other hand with interlaced fingers and vice versa.

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



Rub wrists for both hands

10



Rinse hands with water.

11



Dry thoroughly with towel.

12



Use elbow to turn off tap.