

How to handwash step-by-step



Duration of the entire procedure: 40-60 seconds

Steps 3 – 8 should take at least 15 seconds

1



Wet hands with water

2



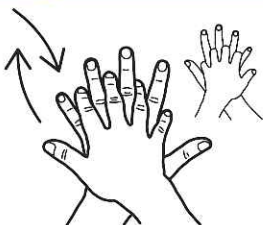
Apply enough soap to cover all hand surfaces

3



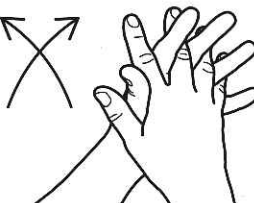
Rub hands palm to palm

4




Right palm over left dorsum with interlaced fingers and vice versa

5




Palm to palm with fingers interlaced

6



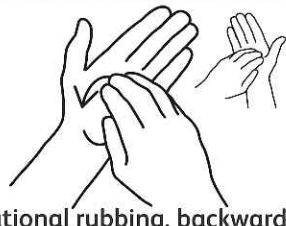
Backs of fingers to opposing palms with fingers interlocked

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 hands thoroughly with a single use towel

11



Use towel to turn off tap or use your elbow

12



Your hands are now safe

