



# Hand Washing Technique with Soap and Water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



3 Rub hands palm to palm



4 Rub back of each hand with the palm of the other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocking and vice versa



7 Rub each thumb clasped in opposite hand using a rotational movement



8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with the opposite hand using a rotational movement



10 Rinse hands with water



11 Use elbow to turn off tap



12 Dry thoroughly with disposable paper towel



13 Hand washing should take 40-60 seconds

\*\* Steps 3 to 9 require a minimum of 5 repetitions



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