



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



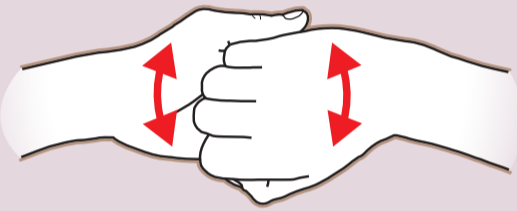
Right palm over the back of the other hand with interlaced fingers and vice versa.

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*.

*Any skin complaints should be referred to local occupational health or GP.