

# Effective Hand Washing

Every part of your hands must be carefully washed, rinsed and dried

1



Wet your hands with water

2



Apply enough soap to cover all hand surfaces

3



Rub hands palm to palm

4



Rub back of palm with interlaced fingers

5



Rub hands palm to palm with interlaced fingers

6



Link fingers and rub up and down

7



Clasp each thumb and move in a rotational motion

8



Rub palms with fingers

9



Rub each wrist with the opposite hand

10



Rinse hands with water

11



Dry thoroughly with a disposable towel

12



Turn the tap off using the paper towel

The time between putting soap on your hands and rinsing it off should be at least **20 seconds**  
The equivalent to singing Happy Birthday twice !!

