

How to wash your hands

Duration of the entire procedure: 40-60 seconds

1



Wet hands with water

2



Apply enough soap to cover all hands surfaces

3



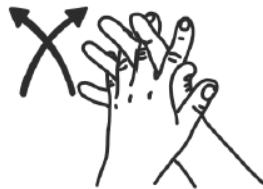
Rub hands palm to palm

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 faucet

12



Your hands are now safe