



# 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**



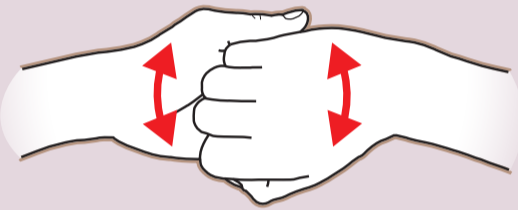
Right palm over the back of the other hand with interlaced fingers and vice versa.

**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\*.