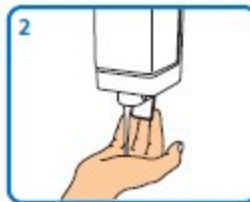


# Hand Washing Technique



Wet hands  
with water



Apply enough soap  
to cover all  
hand surfaces



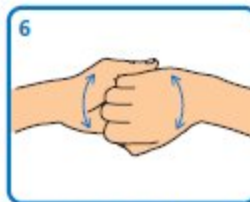
Rub hands palm  
to palm



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



Rub palm to palm with  
fingers interlaced



Rub with back of fingers  
to opposing palms with  
fingers interlocked



Rub each thumb clasped  
in opposite hand using a  
rotational movement



Rub tips of fingers in  
opposite palm in a  
circular motion



Rub each wrist with  
opposite hand



Rinse hands  
with water



Use elbow to  
turn off tap



Dry thoroughly with  
a single-use towel



Hand washing should take  
15–30 seconds