

10 steps to effective hand washing



Wet hands and forearms



Soap up rubbing palm to palm



Rub with fingers interlaced



Massage between fingers, right palm over back of left hand, left palm over back of right hand



Scrub with fingers locked including finger tips



Rub rotationally with thumbs locked



Rinse thoroughly



Dry palms and backs of hands using a paper towel to help remove remaining bacteria



Work towel between fingers and dry around and under nails



Place used towels in a bin, ensuring that you do not touch the bin lid with your hands

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