



# 10 steps to effective hand washing



1

- Wet hands and forearms



2

- Soap up rubbing palm to palm



3

- Rub with fingers interlaced



4

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



5

- Scrub with fingers locked including finger tips



6

- Rub rotationally with thumbs locked



7

- Rinse thoroughly



8

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



9

- Work towel between fingers and dry around and under nails



10

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