Hand Washing Technique with Soap and Water

1. Wet hands with water
2. Apply enough soap to cover all hand surfaces
3. Rub hands palm to palm
4. Rub back of each hand with the palm of the other hand with fingers interlaced
5. Rub palm to palm with fingers interlaced
6. Rub with back of fingers to opposing palms with fingers interlocking and vice versa
7. Rub each thumb clasped in opposite hand using a rotational movement
8. Rub tips of fingers in opposite palm in a circular motion
9. Rub each wrist with the opposite hand using a rotational movement
10. Rinse hands with water
11. Use elbow to turn off tap
12. Dry thoroughly with disposable paper towel
13. Hand washing should take 40-60 seconds

** Steps 3 to 9 require a minimum of 5 repetitions