

## BEST PRACTICE

# How to Hand Wash

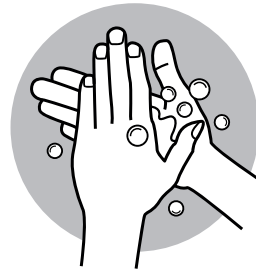
Steps 3–8 should take at least 15 seconds



**1.** Wet hands with water.



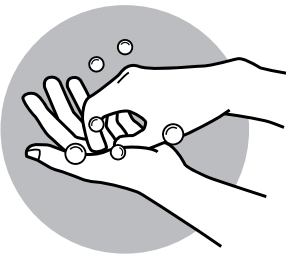
**2.** Apply enough soap to cover all hand surfaces.



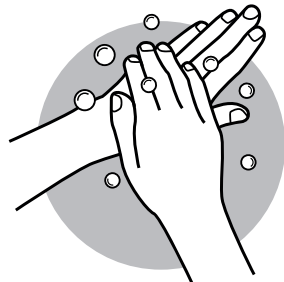
**3.** Rub hands palm to palm.



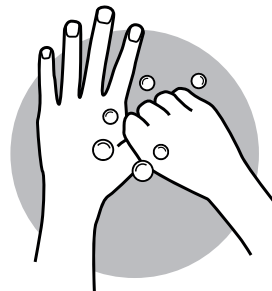
**4.** Palm to palm with fingers interlaced.



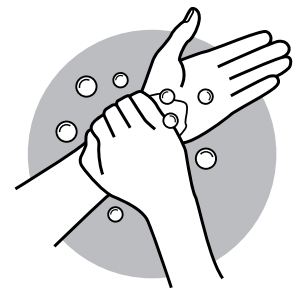
**5.** Fingernails.



**6.** Backs of hands.



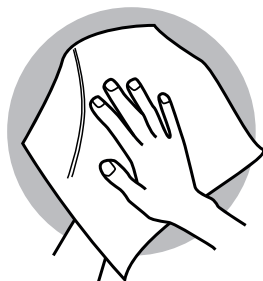
**7.** Rotational rubbing of both thumbs.



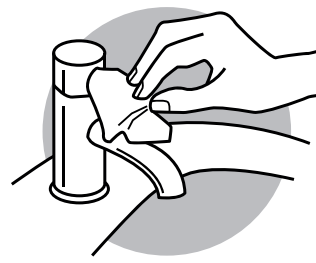
**8.** Wrists.



**9.** Rinse hands with water.



**10.** Dry thoroughly with towel.



**11.** Turn off tap.



**12.** Clean hands.

*Any skin complaints should be referred to local occupational health or GP.*