

# 10 steps to effective hand washing



1

Wet hands and forearms



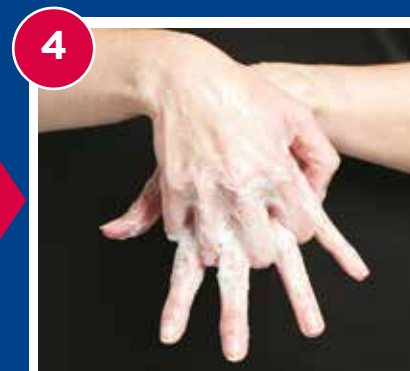
2

Soap up rubbing palm to palm



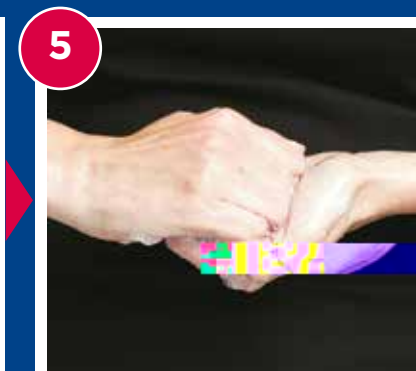
3

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

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