

HAND WASHING TECHNIQUE



Wet your hands and apply soap to the palm



Cover whole surface of hands up to wrists, rubbing palm to palm



Spread over the back of each hand including the wrists with fingers interlaced



Rub palm to palm with fingers interlaced



Grip the fingers on each hand and rub in a sideways back and forth movement



Clasp each thumb in the opposite hand and rotate



Press fingers into palm of each hand and rotate



Rub each wrist with the opposite hand



Wash, rinse and dry well

DONT FORGET TO WASH:

- Between your fingers
- Under your nails
- The top of your hands

