

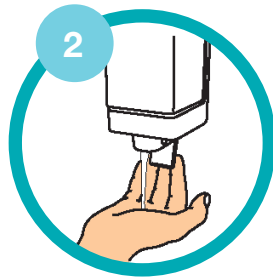
Advisory Reference R5098

Hand-Washing Technique With Soap and Water

3rd March 2020



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 palm of other hand with fingers interlaced



5
Rub back of each hand with palm of other hand with fingers interlaced



6
Rub with back of fingers to opposing palms with fingers interlocked



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 opposite hand



10
Rinse hands with water



11
Use elbow to turn off tap



12
Dry thoroughly with a single-use towel



13
Hand washing should take 15-30 seconds