

# 7 STEPS OF HAND WASHING



**Step 1** - Hands should be wet with liquid soap applied for a good lather. (Water temperature needs to be between 35 °C and 45 °C)



**Step 2** - Rub your hands palm to palm.



**Step 3** - With your right palm rub the back of your left hand. Swap hands and repeat.



**Step 4** - Then, interlace your fingers and rub your palms together.



**Step 5** - Interlock your fingers and rub the backs of them against your palms.



**Step 6** - Enclose your right hand around your left thumb and rub as you rotate it. Swap hands and repeat.



**Step 7** - Rub your right fingers in a circular motion in your left palm. Repeat with your left fingers.

After washing, always thoroughly rinse your hands in warm running water, and dry with a clean disposable towel.

Never use reusable towels as you will transfer harmful bacteria back onto your clean hands.

