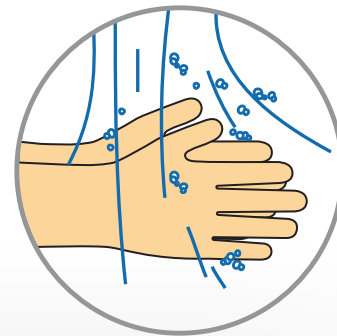


HAND WASHING TECHNIQUE WITH SOAP AND WATER

Accelerate
action
together

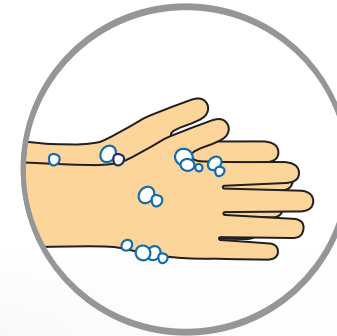
Entire procedure: 40-60 second duration



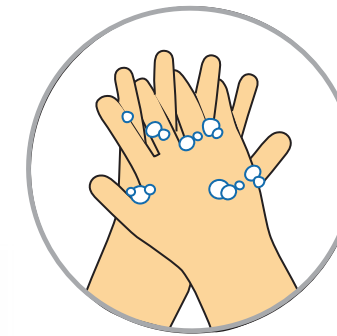
0 Wet hands with warm water.



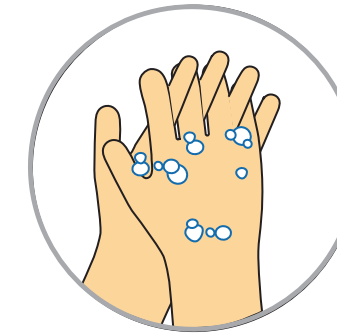
1 Apply soap.



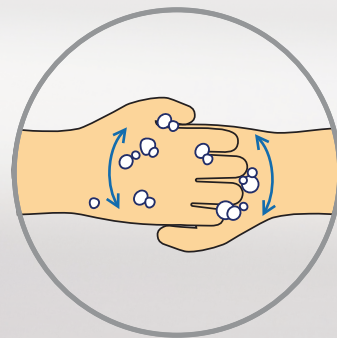
2 Lather soap and rub hands palm to palm.



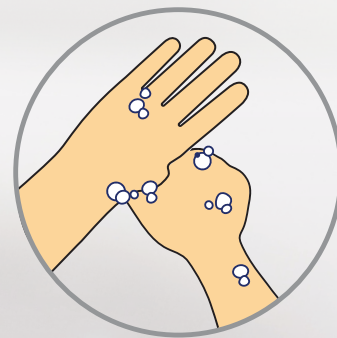
3 Right palm over left dorsum with interlaced fingers and vice versa



4 Palm to palm with fingers interlaced



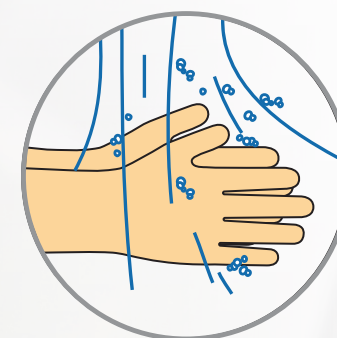
5 Backs of fingers to opposing palms with fingers interlocked



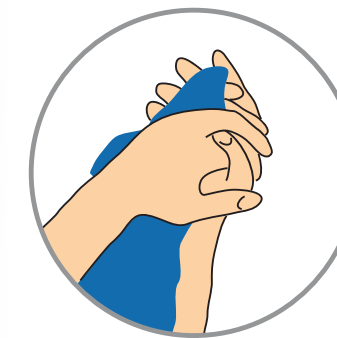
6 Rotational rubbing of left thumb clasped in right palm and vice versa



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



8 Rinse thoroughly under running water.



9 Pat hands dry with single use towel



10 Use towel to turn off faucet

11 Your hands are now washed.

