



PRINCESS SIRINDHORN
PROJECT

Hand washing techniques



Seven steps in hand washing: Wet both hands and put soap onto them.
Then follow the steps below:

1. Rub palms together.



2. Rub right palm over back of left hand and left palm over back of right hand.



3. Interlace fingers and continue rubbing.



4. Backs of fingers to opposing palms.



5. Rub thumb in a rotating manner.



6. Rub fingertips of one hand on the other palm.



7. Rub wrist in a rotating manner.



Then rinse and dry hands thoroughly.

Your hands will be clean.