

Hand washing techniques



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

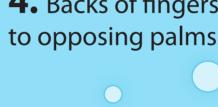
1. Rub palms together.



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



3. Interlace fingers and continue rubbing.



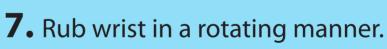
5. Rub thumb in a rotating manner.

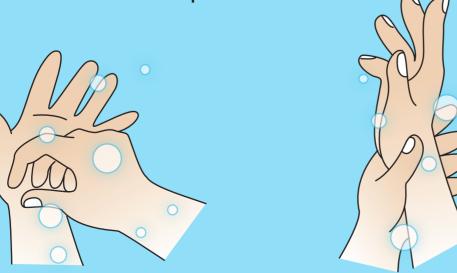


4. Backs of fingers to opposing palms.



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





- Then rinse and dry hands thoroughly.
- Your hands will be clean.