

# GOOD HAND WASHING TECHNIQUE



**STEP 1**  
Wet all surfaces  
thoroughly with  
warm water



**STEP 2**  
Apply soap or  
skin cleanser

**Vigorously rub and rotate your hands together**



**STEP 3**  
Palm to palm



**STEP 4**  
Palm over back  
of each hand



**STEP 5**  
Palm to palm  
with interlaced  
fingers



**STEP 6**  
Tips and backs  
of fingers to  
each palm



**STEP 7**  
Clean thumbs



**STEP 8**  
Clean wrists



**STEP 9**  
Rinse your hands  
thoroughly



**STEP 10**  
Pat dry your  
hands thoroughly  
using a disposable  
paper towel



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