



Wet hands with warm water



### SOAP

Apply enough soap to cover all hand surfaces

## LATHER HANDS FOR 20 SECS & UP



### PALMS OF HANDS + WEBS

Rub palms together, slide hands back & forth so fingers interlock and webs are rubbed



### BACK OF HANDS + WEBS

Rub back of hands with palm of opposite hand, slide hands back & forth so fingers interlock and webs are rubbed

## CONTINUE TO LATHER HANDS



### FINGERTIPS

Rub fingertips of each hand into the opposite palm in a circular motion



### KNUCKLES

Rub knuckles by curling fingers & twisting hands; repeat on opposite side



### THUMB

Rub each thumb from base to tip in a circular motion



### OUTSIDE OF HAND

Rub outside border of each hand into the opposite palm



### WRIST

Rub each wrist with the opposite hand in a circular motion



### RINSE

Rinse thoroughly under running water



### DRY HANDS

Pat hands dry with paper towel



### TURN OFF FAUCET

Use towel to turn off faucet



### CLEAN HANDS

Your hands are now safe