10 steps to effective hand washing

1. Wet hands and forearms
2. Soap up rubbing palm to palm
3. Rub with fingers interlaced
4. Massage between fingers, right palm over back of left hand, left palm over back of right hand
5. Scrub with fingers locked including finger tips
6. Rub rotationally with thumbs locked
7. Rinse thoroughly
8. Dry palms and backs of hands using a paper towel to help remove remaining bacteria
9. Work towel between fingers and dry around and under nails
10. Place used towels in a bin, ensuring that you do not touch the bin lid with your hands

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