









Hand Washing Procedure

Thorough hand washing takes at least 20 seconds.

-  Wash with water and soap, ensure the back and front hand surface is covered
-  Lather palms together
-  Lather between fingers
-  Focus on both front and back of thumbs
-  Make sure to reach the back of your hands
-  Lather wrists and rotate
-  Rinse hands under running water
-  Dry hands thoroughly

