



NOW WASH YOUR HANDS

Wash your hands using the following 8 steps. Each step consists of five strokes rubbing backwards and forwards.

1 Wet hands under running water. Take a measure of soap.			2 Work into hands, palm to palm.
3 Right hand over back of left and vice versa.			4 Rub palm to palm, fingers interlaced.
5 Back of left fingers to right palms, fingers interlocked and vice versa.			6 Rotational rubbing of right thumb clasped in left hand and vice versa.
7 Rub left palm with clasped fingers of right hand and vice versa.			8 Left wrist with right hand and vice versa.

Rinse hands under running water and dry thoroughly