

HOW TO WASH YOUR HANDS

Good hand washing practices are essential for protecting yourself and other people from the germs, chemicals, and dirt that can accumulate on your hands throughout the day.



1 Wet your hands



2 Dispense soap in the palm of your hand.



3 Rub the palms of your hands together.



4 Vigorously wash your fingertips in the soap on the palm of each hand.



5 Carefully interlace your fingers, washing the surfaces between your fingers.



6 Cup your hands and wash around the base of the thumb on each hand.



7 Lather the back of each hand.



8 Wash around each wrist.



9 Rinse all surfaces of your hands until all soap and unwanted particles are gone.



10 If possible, when drying your hands with a paper towel, use the towel to turn the water off.

Areas most frequently missed during hand washing are shown in blue.

