

# How to Hand Wash

Good hygiene is in your hands

1.



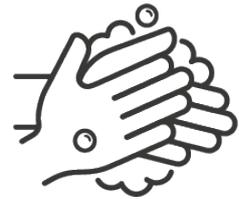
Wet hands  
first

2.



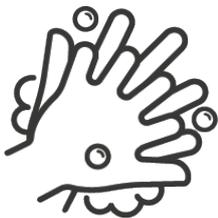
Apply hand  
soap or cleaner

3.



Lather well

4.



Wash both back &  
front of hands, & in  
between fingers

5.



Work hand cleaner  
into nail & cuticles  
using a monkey grip

6.



Be sure to clean  
between thumb &  
index finger

7.



Concentrate on  
cracks in palm of  
both hands

8.



Rinse well using  
same technique as  
hand washing

9.



Dry hands thoroughly  
using disposable  
paper towel & use to  
turn off the tap

