

# I WASH MY HANDS

Respecting each step



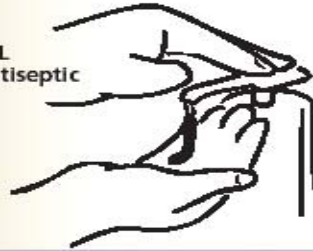
1\*

Wet hands



2

Add 3 to 5 mL of soap or antiseptic solution



3

Lather palms together



4

Rub the palm of the right hand on the back of the left hand and vice versa



5

Rub palms together, fingers laced



6

Rub the outside of fingers against the palm of the opposite hand



7

Rub thumbs with rotational movements



8

Rub fingertips in the palm of the opposite hand




9\*

Rinse and dry with paper towels. Use paper towels to turn off taps



10

Most often forgotten areas when hands are washed

 Most often forgotten

Inside (of hand)



Outside (of hand)



\* Not required if a waterless antiseptic solution is used.