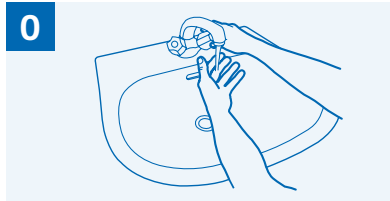


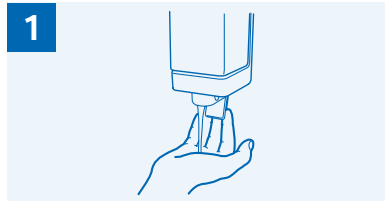
Washing your hands



Duration of the entire procedure: 40–60 seconds



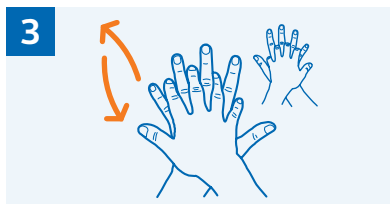
0 Wet hands with water



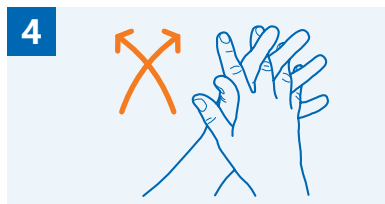
1 Apply enough soap to cover all hand surfaces



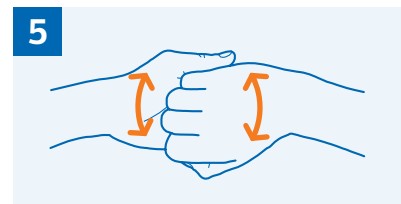
2 Rub hands palm to palm



3 Right palm over left dorsum with interlaced fingers and vice versa



4 Palm to palm with fingers interlaced



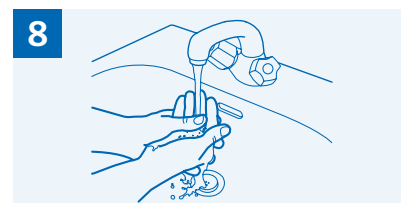
5 Backs of fingers to opposing palms with fingers interlocked



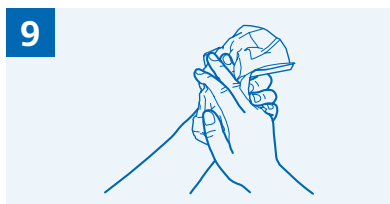
6 Rotational rubbing of left thumb clasped in right palm and vice versa



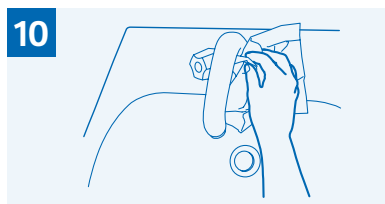
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



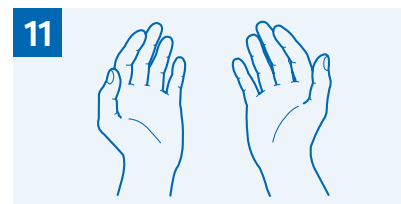
8 Rinse hands with water



9 Dry hands thoroughly with a single use towel



10 Use towel to turn off faucet



11 Your hands are now safe.