

Hand washing techniques to stop germs spreading



Make sure to wet your hands, apply soap and rub hands as in 2-7.



Palm to palm.



Right palm over left back of the hand and left palm over right back of the hand.



Palm to palm fingers interlaced.



Backs of fingers to opposing palms with fingers interlocked.



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



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



Make sure to dry your hands.