

Work Instructions

Title	Washing your hands		
Subtitle	Clean hands to protect against infection		
Version	1	Revised	2020/03/31
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Description	How to wash your hands effectively to protect against the spread of germs.		
Equip/Tools	Soap, Water, Disposable Towel		
Related Documents	Adapted from https://www.who.int/gpsc/clean_hands_protection/en/		
Where to find this document	blog.systems2win.com		

Comments

Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the steps below.

Step	Instructions	Step	Instructions
Step 1 	Wet hands with water.	Step 2 	Apply enough soap to cover all hand surfaces.
Step 3 	Rub hands palm to palm.	Step 4 	Right palm over left dorsum with interlaced fingers, and vice versa.

Step 5



Palm to palm with fingers interlaced.

Step 6



Backs of fingers to opposing palms with fingers interlocked.

Step 7



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

Step 8



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

Step 9



Rinse hands with water.

Step 10



Dry hands thoroughly with single use towel. Your hands are clean.