

# How to Wash Your Hands

James Paget University Hospitals



NHS Foundation Trust

Each Step Consists of 5 Forward and 5 Backward Strokes



1

Wet hands and apply soap.



2

Rub hands together, palm to palm.



3

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



4

Rub palm to palm with fingers interlaced.



5

Backs of fingers to opposing palms with fingers interlocked.



6

Hold right thumb in left hand and rub. Repeat with left thumb in right hand.



7

Rub clasped fingers of right hand in left palm and vice versa.



8

Rinse, and dry hands thoroughly, ideally using a paper towel.