



SECONDS

PROPER HANDWASHING GUIDELINES



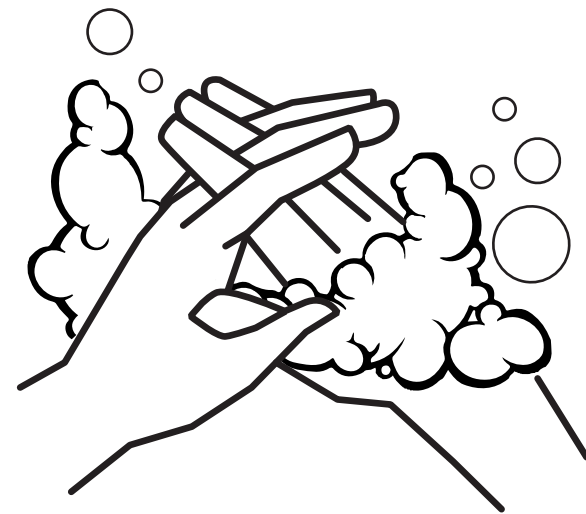
1 Rinse hands thoroughly with water. Make sure to get all surfaces wet.



2 Apply adequate amount of soap and lather thoroughly. Rub palms together in lateral and circular motions.



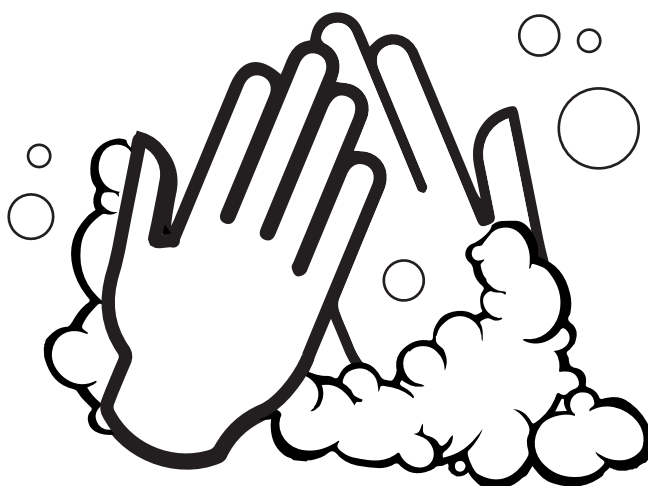
3 Lace fingers together and apply friction to scrub between digits.



4 Use fingernails to scrub into creases on palms. Include thumb and little finger. Switch hands and repeat.



5 Wash tops of hands, fingers, thumbs and wrists. These are often most overlooked.



6 After 20 seconds, rinse thoroughly, and then dry with paper towels.



COMMON AREAS MISSED DURING HAND WASHING



PALM

BACK

- Most Often Missed
- Often Missed
- Least Often Missed