Hand Hygiene Technique with Soap and Water

**Duration of the entire procedure:** 40-60 seconds

1. **Wet hands with water;**
2. **Apply enough soap to cover all hand surfaces;**
3. **Rub hands palm to palm;**
4. **Right palm over left dorsum with interlaced fingers and vice versa;**
5. **Palm to palm with fingers interlaced;**
6. **Backs of fingers to opposing palms with fingers interlocked;**
7. **Rotational rubbing of left thumb clasped in right palm and vice versa;**
8. **Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;**
9. **Rinse hands with water;**
10. **Dry hands thoroughly with a single use towel;**
11. **Use towel to turn off faucet;**

Your hands are now safe.