How to properly wash your hands

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Wet Hands

- Under warm water
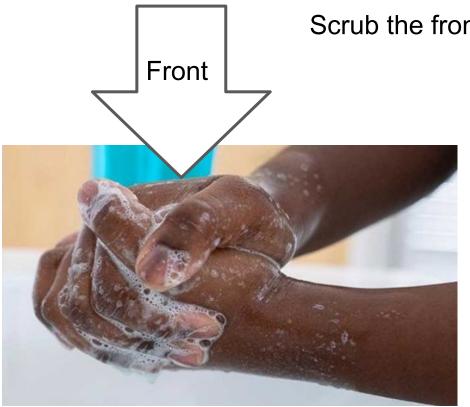- Rinse hands thoroughly to get the water all over

Add Soap

- Put just enough soap on hands (this helps kill germs)
  - Not too little because it wont clean your hands well enough
  - Not too much because it will make a mess

Areas most frequently missed during hand washing

Less frequently missed

Not missed

[Adapted from Taylor L (1978), An evaluation of hand-washing techniques - I, Nursing Times, 12 January, pp 54-55]

Scrub

Scrub the front and the back

Front

Back

Scrub between your fingers

Scrub up your wrist

Rinse

- Rinse with warm water
  - To wash away all the dirt and soap

Dry

- Dry hands with a clean towel
  - Don't grab too many because you don't want to waste them (2 or 3 is fine)

Why it's important.

When germs get on your hands and they are not washed off, the germs can be passed from person to person and make people sick.

Handwashing with soap removes germs from hands. This helps prevent infections because people frequently touch their eyes, nose, and mouth without even realizing it.