Wash with soap (Step 1a)

Wet hands – take a portion of soap

Hand disinfection (Step 1a)

Hands must be dry – take a portion of hand disinfectant

Step 1 — Palm to palm and rub

Step 2 — Palms to backs of hands – fingers spread

Rub back of hand and areas between fingers and vice versa

Step 3 — Place palms together – rub insides of fingers and palms

Step 4 — Encircle right thumb with left hand – rub with circular movement – and vice versa

Step 5 — Rub outside of the fingers crosswise on opposite palm

Step 6 — Rub fingertips of each hand in the palm of the other hand

Step 7
Thoroughly rinse hands with lukewarm water – remove all the soap

Step 8
Dry hands with paper towel, use paper towel to turn off tap

Step 7
Repeat steps 2-6 until all disinfectant has been rubbed in and hands are dry

The entire procedure must take at least 40 – 60 seconds

The entire procedure must take at least 40 – 60 seconds