

Handwashing technique with soap and water



St John
Here for Life



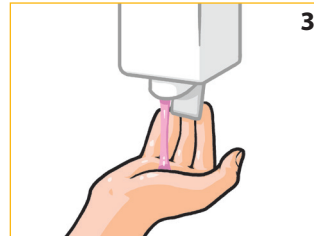
1

Remove jewellery



2

Wet hands with warm
water



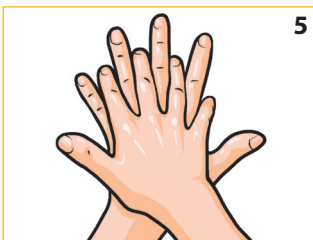
3

Add soap to palms



4

Rub hands together to
create a lather



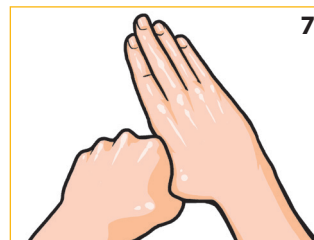
5

Cover all surfaces of
the hands and fingers
with lather



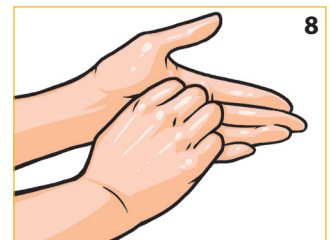
6

Clean knuckles, back of
hands and fingers



7

Clean the space
between the thumb
and index finger



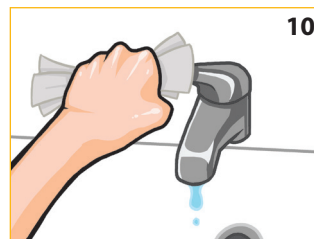
8

Work the finger tips
into the palms to clean
under the nails



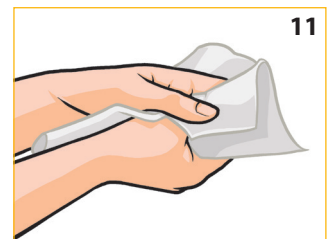
9

Rinse well under warm
running water



10

Use a single-use towel
to turn off tap



11

Dry hands with a fresh
single-use towel

**Washing hands with warm,
soapy water is preferred over
other sanitising methods.**