

# How to wash hands

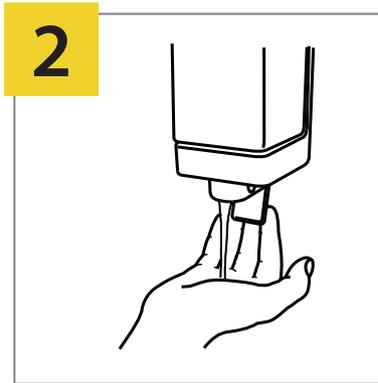
STAYING HEALTHY | 5TH EDITION | 2013



A hand wash should take around 30 seconds.



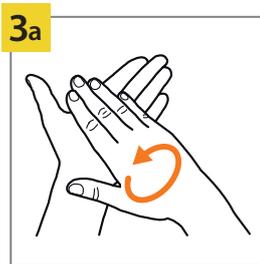
**1**  
Wet hands with running water (preferably warm, for comfort).



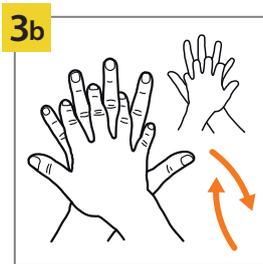
**2**  
Apply soap to hands.



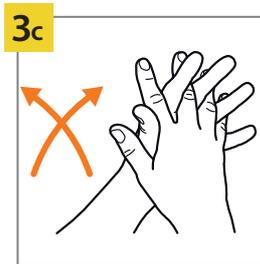
**3**  
Lather soap and rub hands for at least 15 seconds, including:



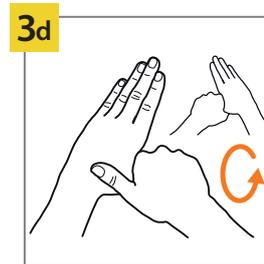
**3a**  
palm to palm,



**3b**  
back of hands,



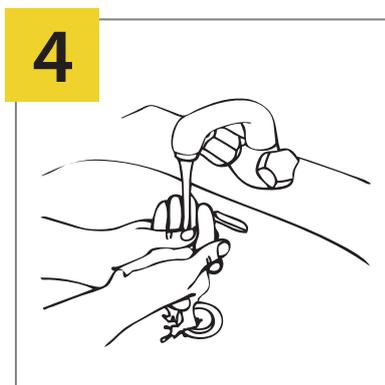
**3c**  
in between fingers and back of fingers,



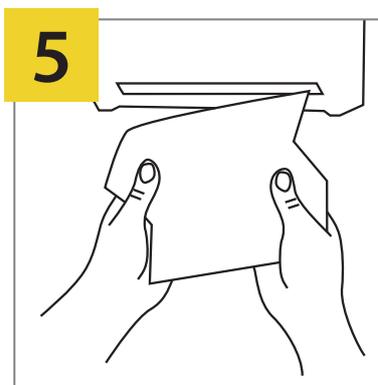
**3d**  
around thumbs and



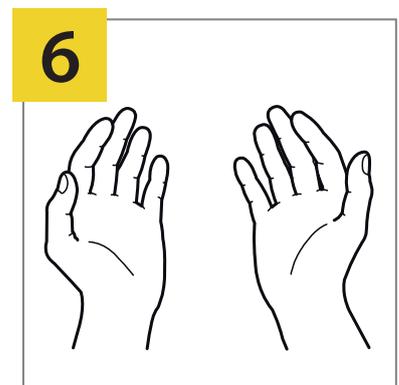
**3e**  
tips of fingers.



**4**  
Rinse hands with water.



**5**  
Dry hands thoroughly.



**6**  
Your hands are clean.

THIS POSTER REFERENCES THE WORLD HEALTH ORGANIZATION'S 'HOW TO HANDWASH?' POSTER NHMRC Ref. CH55g Printed June 2013



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