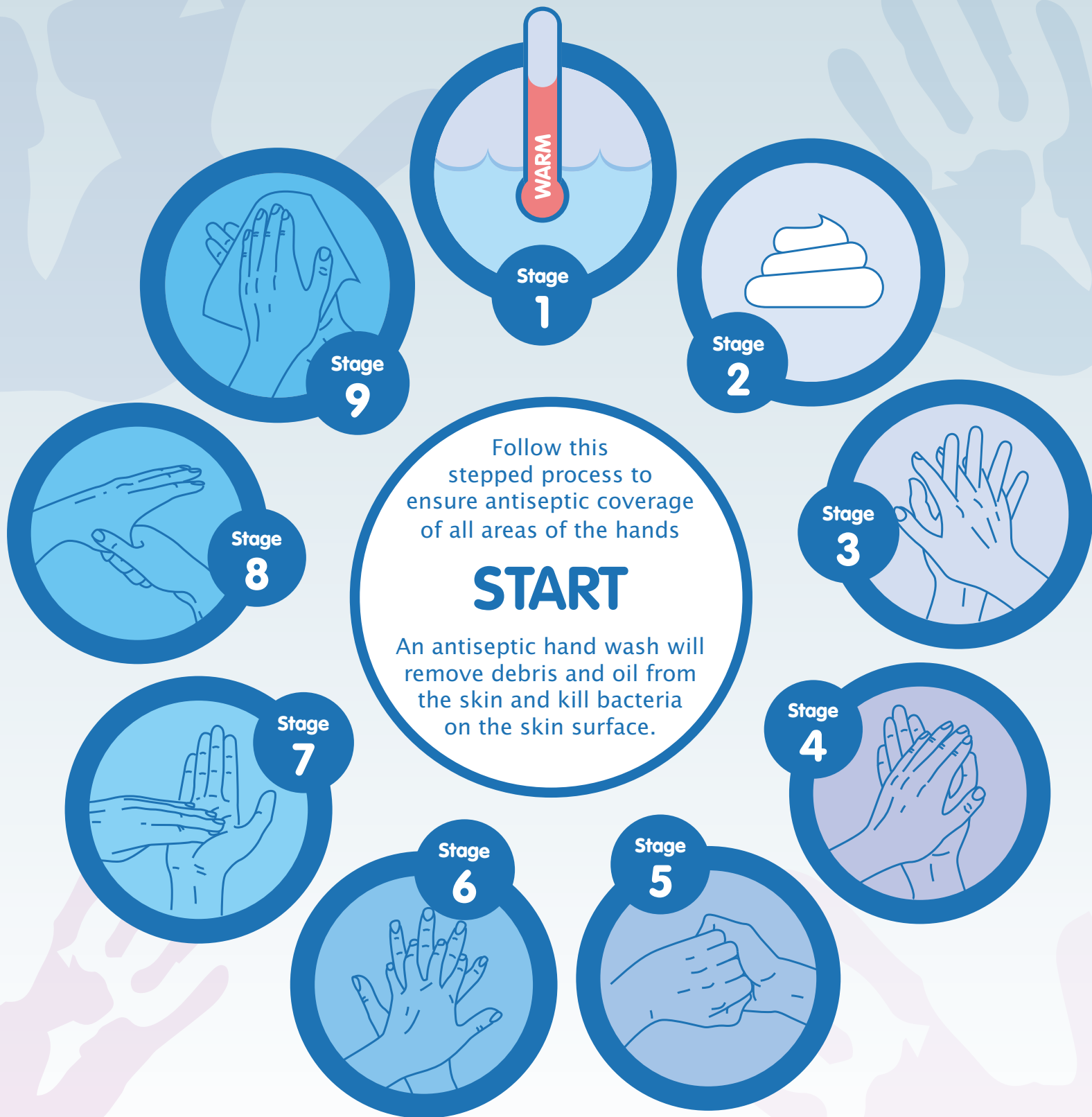


# Step-by-Step

## Guide to Hand Washing



1. Wet the hands with warm running water.
2. Apply enough antiseptic to cover hands.
3. Palm to palm fingers interlaced.
4. Rub palm to palm.
5. Backs of fingers to opposing palms with fingers interlocked.
6. Right palm over left dorsum and left palm over right dorsum.
7. Rotational rubbing, backwards forwards with clasped fingers of right hand clasped in left palm and vice versa.
8. Rotational rubbing of right thumb & hand in left palm and vice versa.
9. Finally rinse the hands with water and dry thoroughly with a clean paper towel.