

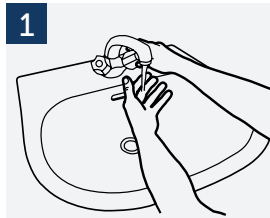
# Steps for proper hand washing

Total time: 60 seconds

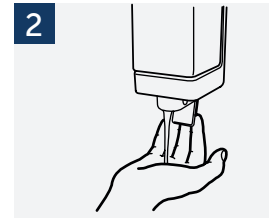


## Additional tips:

- Clean your hands regularly
- Wash your hands with soap and water, and dry them thoroughly
- Use alcohol-based handrub if you don't have immediate access to soap and water.



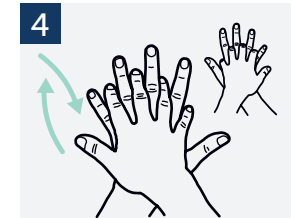
1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



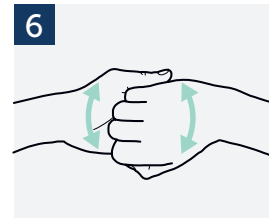
3 Rub hands palm to palm



4 Right palm over left dorsum with interlaced fingers and vice versa



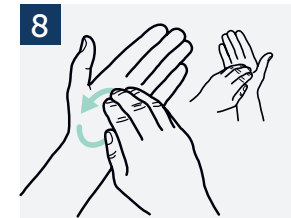
5 Palm to palm with fingers interlaced



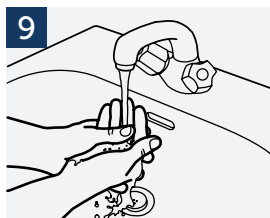
6 Backs of fingers to opposing palms with fingers interlocked



7 Rotational rubbing of left thumb clasped in right palm and vice versa



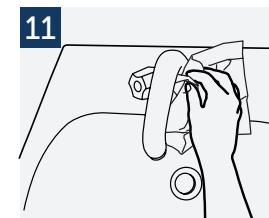
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



9 Rinse hands with water



10 Dry thoroughly with a single-use towel



11 Use towel to turn off faucet



12 Your hands are now safe

[www.KCProfessional.com](http://www.KCProfessional.com)

Based on the 'How to Handwash', URL: [http://www.who.int/gpsc/5may/How\\_To\\_HandWash\\_Poster.pdf](http://www.who.int/gpsc/5may/How_To_HandWash_Poster.pdf) © World Health Organization 2009. All rights reserved.  
®/™ Trademarks of Kimberly-Clark Worldwide, Inc. or its affiliates. Marques de commerce de Kimberly-Clark Worldwide, Inc. ou de ses sociétés affiliées. © KCWW. T9DB4W-01 3/20

Distributed by Fisher Scientific. Contact us today:

Austria: [fishersci.at](http://fishersci.at) Belgium: [fishersci.be](http://fishersci.be) Denmark: [fishersci.dk](http://fishersci.dk)  
Germany: [fishersci.de](http://fishersci.de) Ireland: [fishersci.ie](http://fishersci.ie) Italy: [fishersci.it](http://fishersci.it)  
Finland: [fishersci.fi](http://fishersci.fi) France: [fishersci.fr](http://fishersci.fr) Netherlands: [fishersci.nl](http://fishersci.nl)  
Norway: [fishersci.no](http://fishersci.no) Portugal: [fishersci.pt](http://fishersci.pt) Spain: [fishersci.es](http://fishersci.es)  
Sweden: [fishersci.se](http://fishersci.se) Switzerland: [fishersci.ch](http://fishersci.ch) UK: [fishersci.co.uk](http://fishersci.co.uk)

© 2022 Thermo Fisher Scientific Inc. All rights reserved.  
Trademarks used are owned as indicated at [fishersci.com/trademarks](http://fishersci.com/trademarks).