Advice for staff and students on good hand washing technique

Washing your hands properly should take about twenty seconds, using the procedure shown below:

1. Wet hands with water
2. Apply enough soap to cover all hand surfaces
3. Rub hands palm to palm
4. Right hand over left with interlaced fingers, and vice versa
5. Palm to palm with interlaced fingers
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 hands thoroughly with a single use towel or air drier
11. Use towel to turn off tap, where available
12. Your hands are now clean

Graphics taken from WHO guidance at: https://www.who.int/gpsc/clean_hands_protection/en/