

Effective Hand Washing

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WHEN DO WE NEED TO WASH HANDS?

- Before touching or handling food, whether preparing, packaging or eating.
- After going to the toilet.
- After touching raw meat, poultry, fish, eggs or unwashed vegetables.
- After touching or emptying bins.
- After using any chemicals.
- After touching phones, steering wheels, door handles, playground equipment, money.
- After touching a minor cut or graze or changing a dressing.

WASHING HANDS EFFECTIVELY



Step 1

Wet hands under warm running water.

Squirt soap into your palms.



Step 2

Rub palms together to lather.

Rub the top of each hand down to the fingers.

Rub in-between the fingers on both hands.

Rub each thumb.



Step 3

Rinse off all the soap with clean water.

Dry your hands thoroughly on a disposable towel.

Turn off the tap with the towel,

then dispose of the towel.

[Click to watch these short videos....](#) and share with a colleague!

Hand Washing Technique – WHO Approved

Bacteria on your hands | Global Hygiene Council