

How to wash your hands?

*Perform hand washing for at least 20 seconds for maximum effectivity.

*Ensure that the source of water is potable to prevent further contamination.



Rinse hands



Lather soap



Rub hands
palm to palm



Rub back of hands



Rub fingers
interlaced



Base of thumbs



Rub fingernails



Wash wrists



Rinse hands well



Dry with a clean
towel or tissue



*Do not turn the faucet
off with clean hands.
Use a paper towel



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