Hand washing

Get water running to the correct temperature
Wet the hands

Apply a generous amount of liquid soap or antiseptic hand wash

Rub the hands together briskly to create a good lather
Hand washing

Right palm over left dorsum and left palm over right dorsum
(dorsum = back of a hand)

Palm to palm with fingers interlaced

Wash left and right palm by rotational rubbing
Hand washing

Wash thumbs by rotational rubbing

Lock the fingers and rub against opposing palm and fingers

Wash wrists by rotational rubbing with opposing hand
Rinse thoroughly
Turn off the taps using your elbows
Hold hands upward to drain water away from unwashed areas

Dry the hands using paper towels
Dry the palms and back of the hands, between the fingers, finishing with the wrists

Dispose of used paper towels in an ordinary waste bin
Hand washing

Frequently missed areas