

How It Works: Washing Hands with Soap and Water



Components:

- 3 Three components:
1. Soap
 2. Warm water
 3. Friction

Technique:

- 6 Six steps:
1. Wet hands with warm, running water.
 2. Add soap.
 3. Rub hands vigorously for 20 seconds.
Wash all surfaces including:
 - Backs of hands
 - Wrists
 - Between fingers
 - Tips of fingers
 - Thumbs
 - Under fingernails—nailbrush is best
 4. Rinse.
 - Keep fingers pointing down
 5. Dry vigorously with paper or clean cloth towel.
 6. Turn off faucet with towel and open door with towel.

How it works:

- The soap suspends the dirt and soils.
- The friction motion helps pull dirt and greasy or oily soils free from the skin.
- Warm running water washes away suspended dirt and soils that trap germs.
- Final friction of wiping hands removes more germs.

