

# PROPER HANDWASHING

Wash hands thoroughly with soap and water, especially before food preparation and after visiting the toilet.



**A**  
Wet hands with clean running water



**B**  
Apply soap



**C**  
Rub hands for at least 20 seconds (8 steps of hand washing)

## 8 Steps of hand washing



**1**  
Wash your palms



**2**  
In between your fingers



**3**  
On the back of your hands



**4**  
At the base of both thumbs



**5**  
On the back of your fingers



**6**  
On your finger nails



**7**  
On both of your wrists



**8**  
Rinse hands with running water and dry with a clean paper towel

A handwashing sink that is easily accessible is required in each area where food is prepared or processed.

Where possible, a handwashing sink should only be used for handwashing.



As a good practice, each handwashing sink should have:

- Liquid soap
- Supply of paper towels