



7 Steps to Effective Hand washing

Did you know?

84% of adults in the UK do not wash their hands effectively and for long enough to remove germs and bacteria.

There are 7 steps that should be taken to effectively wash your hands.



STEP 1

Wet your hands and apply a coin sized amount of soap



Rub palms together including wrists, then linking fingers together

STEP 2

STEP 3

Rub backs of fingers to opposing palms with fingers interlocked



Rub each thumb clasped in opposite hand using a rotational movement

STEP 4

STEP 5

Rub tips of fingers in opposite palm in a circular motion



Rinse hands thoroughly with water

STEP 6

STEP 7

Dry hands thoroughly



Duration of the entire procedure = 30 seconds



The same as singing 'Happy Birthday' twice



Promote healthy hand care routines in your washroom

Contact Citron Hygiene for more information about our hygienic soap, sanitising and hand drying solutions