Hand washing (alcohol gel)

1	Apply a palmful of the product in a cupped hand, covering all surfaces	
2	Rub hands palm to palm	
3	Rub your right palm over the dorsum of your left hand, with fingers interlaced, then vice versa	
4	Rub your hands together palm to palm with fingers interlaced	
5	Rub the backs of your fingers to opposite palms with your fingers interlocked	
6	Place your left thumb in your clasped right palm and rotationally rub the thumb, then repeat using your right thumb and clasped left palm	
7	Rotationally rub the clasped fingers of your right hand into the left palm and vice versa	
8	Allow your hands to dry	

Hand washing (soap & water)

1	Wet hands with water	
2	Apply enough soap to cover all hand surfaces	
3	Rub hands palm to palm	
4	Rub your right palm over the dorsum of your left hand, with fingers interlaced, then vice versa	
5	Rub your hands together palm to palm with fingers interlaced	
6	Rub the backs of your fingers to opposite palms with your fingers interlocked	
7	Place your left thumb in your clasped right palm and rotationally rub the thumb, then repeat using your right thumb and clasped left palm	
8	Rotationally rub the clasped fingers of your right hand into the left palm and vice versa	
9	Rinse hands with water	
10	Dry hands thoroughly with a single-use paper towel	
11	Use the towel to turn off the tap (or elbow if handle present)	

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