

# FOOD HYGIENE HAND WASHING PROCEDURE



- 1. Rub plenty of soap into a lather between your palms**

- 2. Place right palm over the back of the left hand rubbing vigourously in between the fingers and vice versa**



- 3. Rotational rubbing of the left thumb clasped in the right hand and vice versa**

- 4. Rubbing backs of fingers on opposing palms with fingers interlocked.**



- 5. Dry hands thoroughly using a clean dry towel, paper towel or air dryer.**