Step 1 - Hands should be wet with liquid soap applied for a good lather. (Water temperature needs to be between 35 °C and 45 °C)

Step 2 - Rub your hands palm to palm.

Step 3 - With your right palm rub the back of your left hand. Swap hands and repeat.

Step 4 - Then, interlace your fingers and rub your palms together.

Step 5 - Interlock your fingers and rub the backs of them against your palms.

Step 6 - Enclose your right hand around your left thumb and rub as you rotate it. Swap hands and repeat.

Step 7 - Rub your right fingers in a circular motion in your left palm. Repeat with your left fingers.

After washing, always thoroughly rinse your hands in warm running water, and dry with a clean disposable towel.

Never use reusable towels as you will transfer harmful bacteria back onto your clean hands.

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