

The Double Handwashing Method

1



Use Anti-microbial soap and running water.

Rub your hands together for at least 20 seconds.

2



Wash all parts of your hands including the backs, wrists, between the fingers, and under the fingernails.

3



Using a nail brush, wash and brush each finger.

Rinse well under warm running water.

4



Soap and wash all parts of your hands **AGAIN** for at least 20 seconds.

5



Rinse well under warm, running water.

6



Dry hands with a clean paper towel or cloth.

Use the paper towel or cloth to turn off the water or open restroom doors.



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