

## How It Works: Washing Hands with Soap and Water

Components to washing with soap and water, the proper technique, and how washing with soap and water works.

### Components:

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- Three components:
  1. Soap
  2. Warm water
  3. Friction

### Technique:

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- Six steps:
  1. Wet hands with warm, running water.
  2. Add soap.
  3. Rub hands vigorously for 20 seconds.

Wash all surfaces including:

    - Backs of hands
    - Wrists
    - Between fingers
    - Tips of fingers
    - Thumbs under fingernails—nailbrush is best
  4. Rinse.
    - Keep fingers pointing down
  5. Dry vigorously with paper or clean cloth towel.
  6. Turn off faucet with towel and open door with towel.

### How it works:

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- The soap suspends the dirt and soils.

- The friction motion helps pull dirt and greasy or oily soils free from the skin.
- Warm running water washes away suspended dirt and soils that trap germs.
- Final friction of wiping hands removes more germs.