Washing hands

1. Turn on the tap
2. Wet your hands
3. Turn off tap
4. Put soap
5. Scrub hands
6. Rub till wrists
7. Scrub palms
8. Wash thumbs
9. Wash for 20 s
10. Turn on the tap
11. Rinse hands
12. Turn off tap
13. Dry with a towel
14. Clean hands