Key Steps — Handwashing with soap and water — the WHO steps

The World Health Organization's official hand hygiene video. The checklist follows the WHO sequence exactly as demonstrated.

- ☐ 1. Wet your hands under clean running water, then turn off the tap.
- ☐ 2. Apply enough soap to cover all hand surfaces.
- ☐ 3. Rub palm to palm.
- ☐ 4. Rub the back of each hand with the palm of the other hand, fingers interlaced.
- ☐ 5. Rub palm to palm again, this time with the fingers interlaced.
- ☐ 6. Rub the backs of the fingers against the opposite palm, with the fingers locked together.
- ☐ 7. Clean each thumb by clasping it in the opposite palm and rotating.
- ☐ 8. Rub the fingertips in a circular motion in the opposite palm, and then swap hands.
- ☐ 9. Rinse the hands thoroughly under running water — the whole procedure takes about 40 to 60 seconds.
- ☐ 10. Dry with a clean single-use towel, and use the towel to turn off the tap so clean hands stay clean.

Watch the demonstration: medicalvideos.com/watch/who-how-to-handwash-with-soap-and-water_l3YgGvjfuktcsQu.html • More Safety & Emergency Basics skills: medicalvideos.com/nursing/safety-emergency.html

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Steps summarise this demonstration for education and do not replace your institution's protocol, which always governs. Content reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. October 2026.