

# High Speed Hand Washing

Let's begin by lining up at the sink.



**1** Wet your hands, then give them a shake.



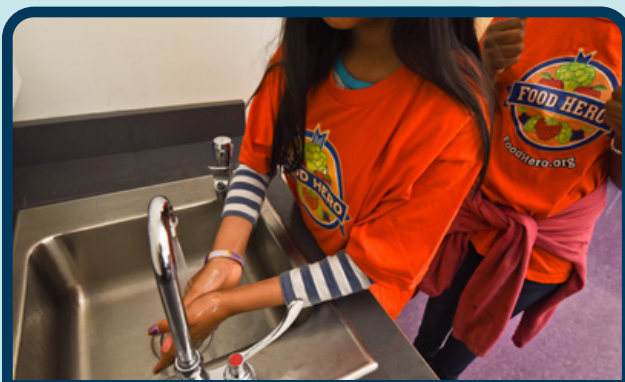
**2** Squirt your hands with soap.



**3** Walk to the end of the line.



**4** Scrub hands (20 seconds at least) as you keep moving forward in line.



**5** Back at the sink, rinse the germs down the drain.



**6** Step aside, towel-dry and you're done!

