

## Video summary

**How to wash your hands (NHS):** Demonstration of how to wash hands correctly. Wet hands and apply soap before ensuring both hands are cleaned thoroughly including thumbs and the backs of hands. Rinse hands and then dry with a paper towel, using that towel to turn the tap off at the end.

**How to wash your hands NHS song (NHS):** Demonstration covering the six steps of handwashing. After wetting hands and applying soap you should ensure palms, knuckles, insides and outsides of fingers, thumbs and nails are all cleaned thoroughly before rinsing and drying your hands.

