

手洗い手順

Handwash procedure

手洗い時間の目安
Duration of the entire procedure

全工程で **40~60秒**
40-60 seconds



1



手指を流水でぬらす
Wet hands with running water.

2



石けん液を適量
手の平に受け取る
Apply enough hand soap foam
to cover all hand surfaces.

3



手の平と手の平を擦り
合わせよく泡立てる
Rub hands palm to palm
and make good foam.

4



手の甲をもう片方の
手の平で洗う(両手)
Rub the back of the right hand
moving the left hand's palm
back and forth, and vice-versa.

5



指を組んで両手の指の
間を洗う(組替える)
Rub between the fingers by interlock-
ing the fingers with the left thumb base
over the right, and vice-versa.

6



親指をもう片方の手で
包み洗う(両手)
Rub the thumb of the left hand
by rotating in the clasped palm
of the right hand and vice-versa.

7



指先をもう片方の
手の平で洗う(両手)
Rub the fingertips of right
hand with the left hand's
palm, and vice-versa.

8



両手首まで
ていねいに洗う
Rub the wrists.

9



流水でよくすすぐ
Rinse hands and wrists
thoroughly with running
water.