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CAWST, the Centre for Affordable Water and Sanitation Technology, is a nonprofit organization that provides training and consulting to organizations working directly with populations in developing countries who lack access to clean water and basic sanitation.

One of CAWST's core strategies is to make knowledge about water common knowledge. This is achieved, in part, by developing and freely distributing education materials with the intent of increasing the availability of information to those who need it most.

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This presentation is used with Lesson Plan 21:  
Handwashing in the Latrine Design and  
Construction Trainer Manual.

Available at [www.cawst.org/resources](http://www.cawst.org/resources)



# Handwashing



# Learning Outcomes

1. Demonstrate proper handwashing technique.
2. List the critical times for handwashing.
3. Identify key features of a handwashing station.



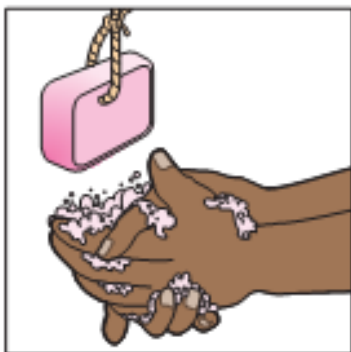
# How to wash hands thoroughly



Hands should be washed with soap and under water for at least 20 seconds. Special attention needs to be paid to germs that may be trapped under nails and in crevices. The red arrows in the pictures below show the direction of movement of the hands.



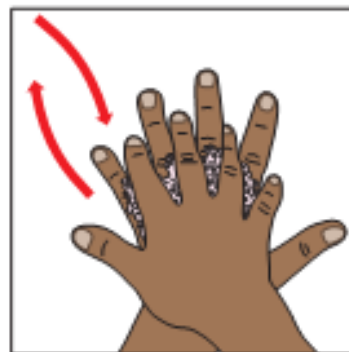
1. Wet hands with water



2. Apply soap to cover all surfaces of the hands



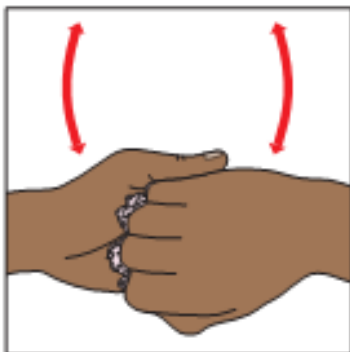
3. Rub hands palm to palm



4. Rub each palm over the back of the other hand



5. Rub palm to palm with fingers interlaced



6. Rub backs of fingers to opposing palms with fingers interlocked



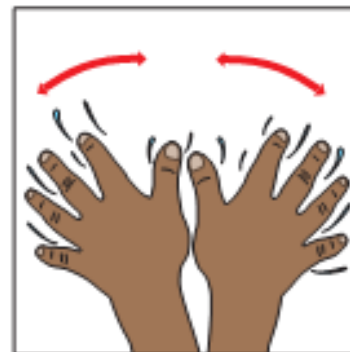
7. Rub each thumb clasped in opposing palm



8. Clasp fingers and circular rub opposing palm



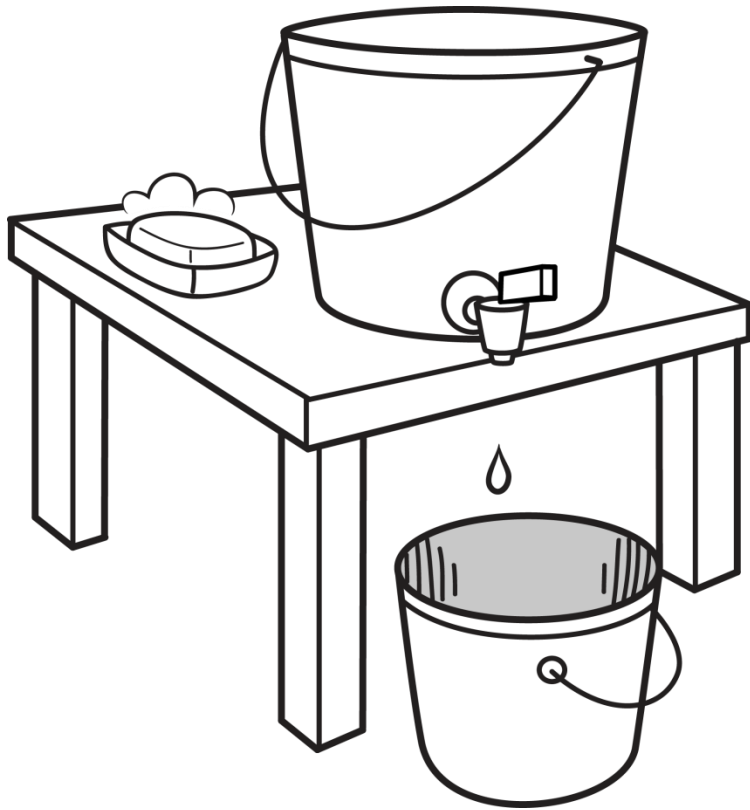
9. Rinse well with water



10. Allow hands to dry completely before touching anything else



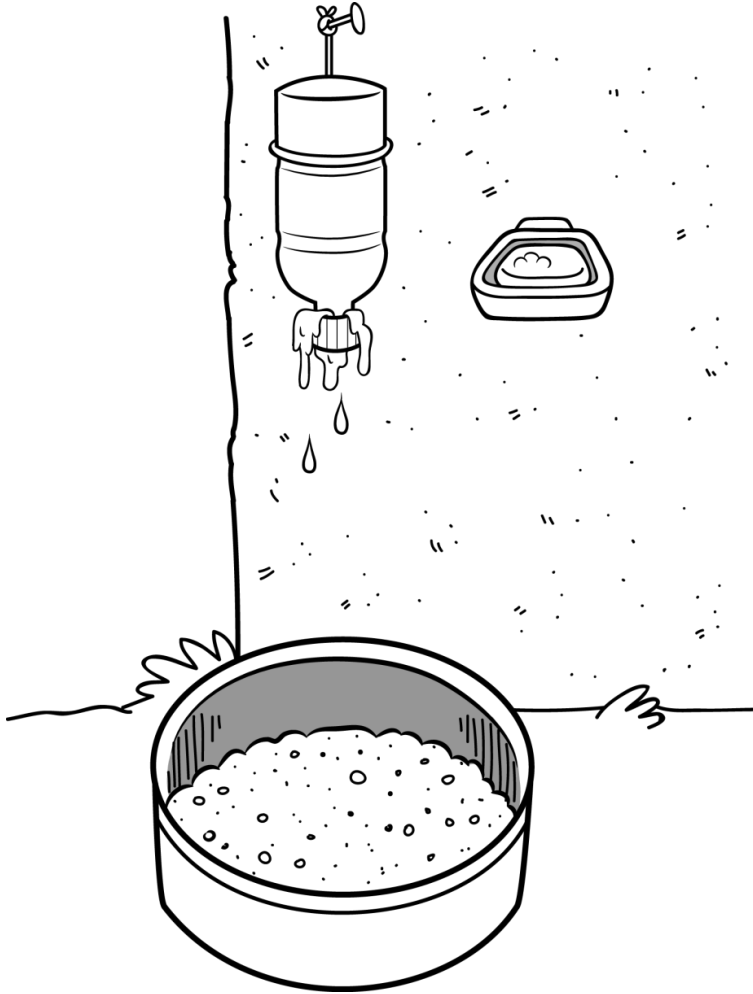
# Handwashing Bucket



(CDC, 2013)



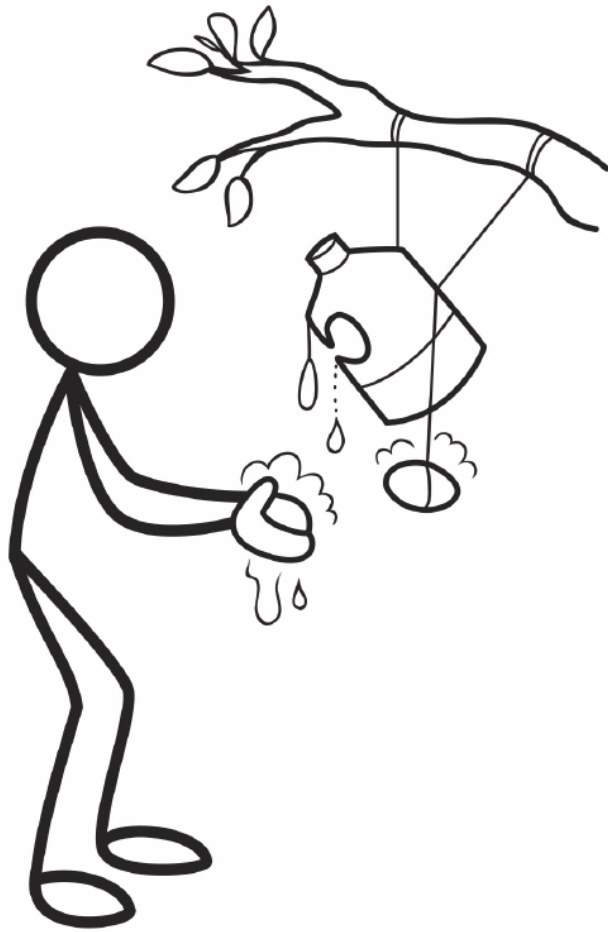
# Hanging Bottle



(Susana, 2006)

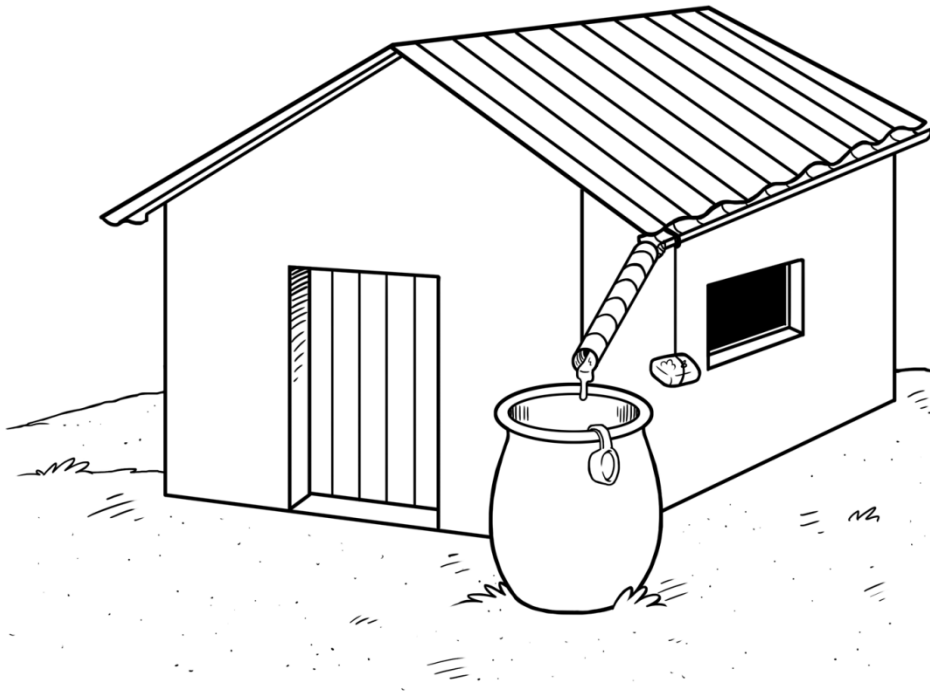


# Tippy Tap





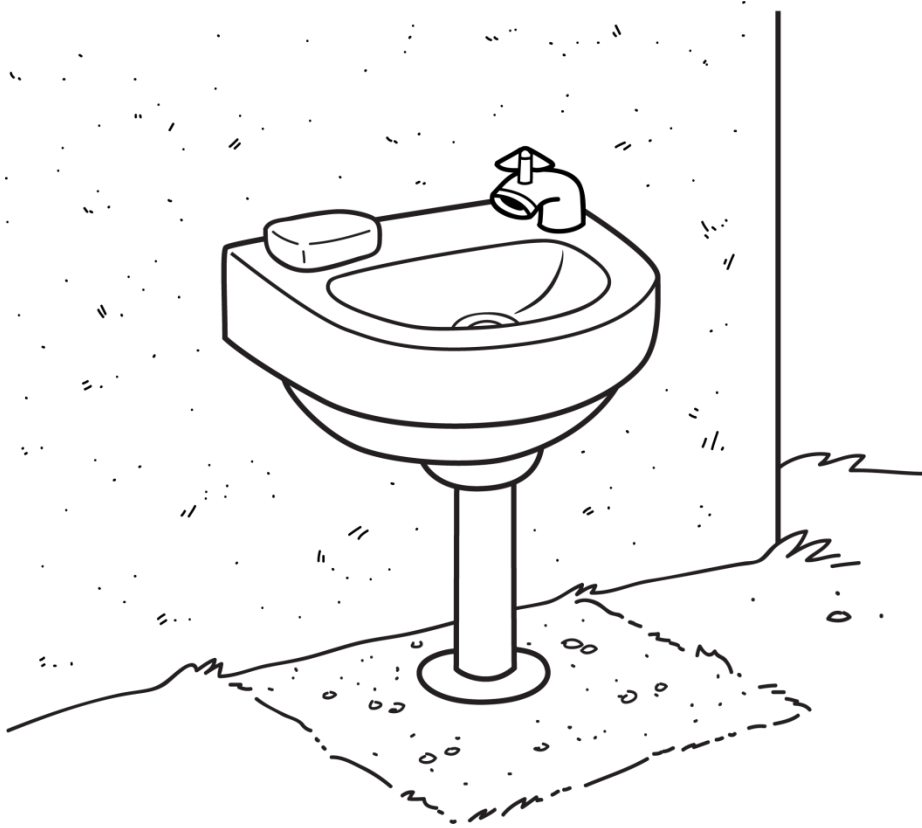
# Rain Barrel



(IWS, 2004)



# Sink on Wall



# Pedestal Sink

