

**Both:**

- 1: Soap up hands and arms with scrub, then use nail pick
- 2: Wet scrub brush, start time



**5-minute Scrub:** First scrub of the day

- 3: Scrub nails of one hand, **30 s**
  - 4: Scrub fingers of same hand, **30 s**
  - 5: Scrub front of hand, **30 s**
  - 6: Scrub back of hand, **30 s**
- Repeat steps 3-6 for other hand**
- 7: Scrub wrists to 2" above elbow, **30 s**

*Times are per hand or arm*

**3-minute Scrub:** All subsequent scrubs

- 3: Scrub nails of one hand, **15 s**
  - 4: Scrub fingers of same hand, **15 s**
  - 5: Scrub front of hand, **15 s**
  - 6: Scrub back of hand, **15 s**
- Repeat steps 3-6 for other hand**
- 7: Scrub wrists to 2" above elbow, **30 s**

*Times are per hand or arm*

**Both:**

- 8: Rinse