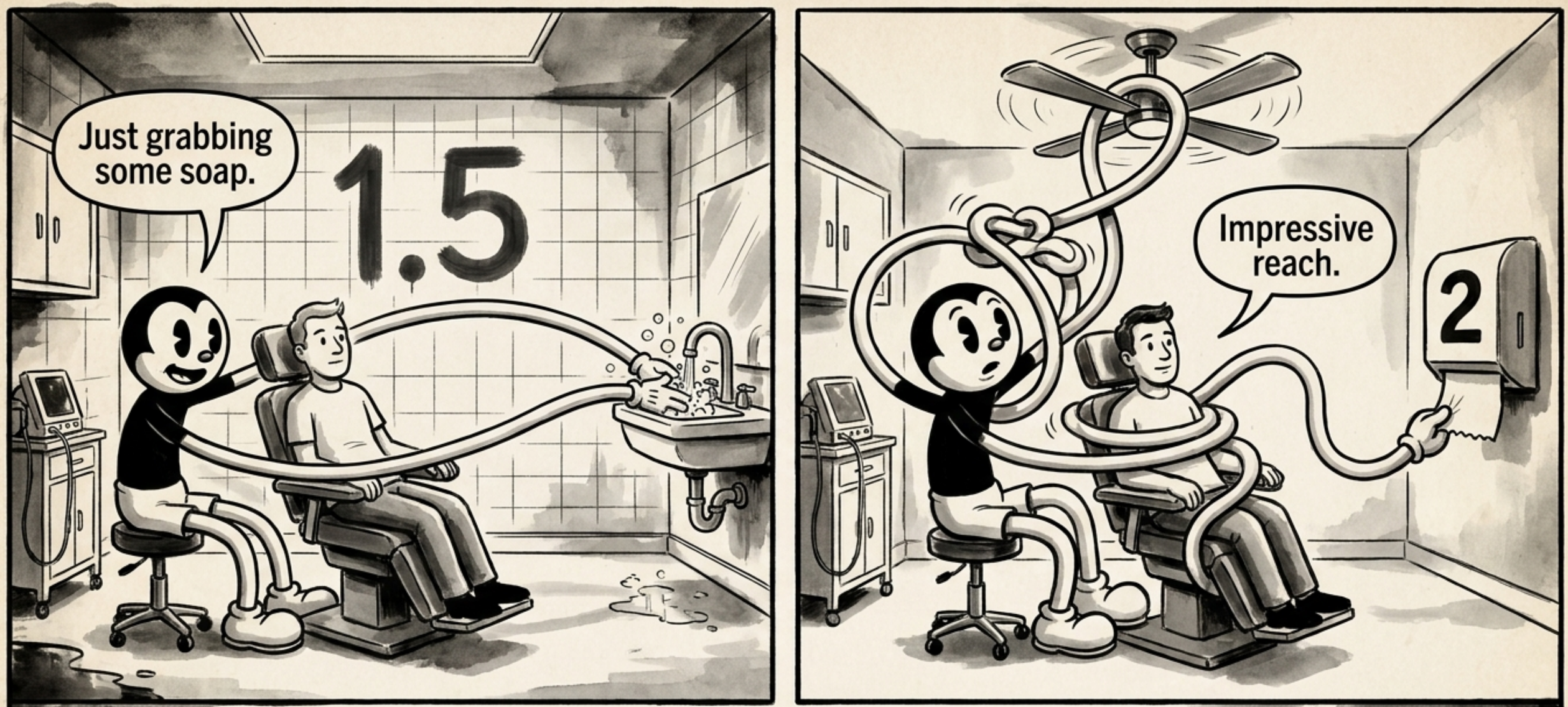

Clinical best practice places the handwashing sink within the workflow arc, typically 1.5–2 m.

Flexibility training pays off during the mid-session scrub.