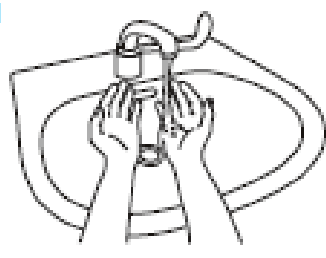


Best Practice How to hand wash with soap

Steps 3-8 should take at least 15 seconds.

1



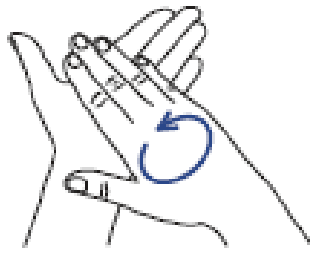
Wet hands with water.

2



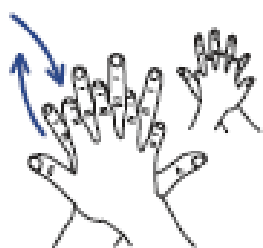
Apply enough soap to cover all hand surfaces.

3




Rub hands palm to palm.

4




Right palm over the back of the other hand with interlaced fingers and vice versa.

5




Palm to palm with fingers interlaced.

6



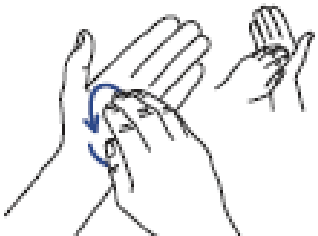
Backs of fingers to opposing palms with fingers interlocked.

7



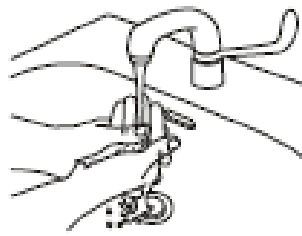
Rotational rubbing of left thumb clasped in right palm and vice versa.

8



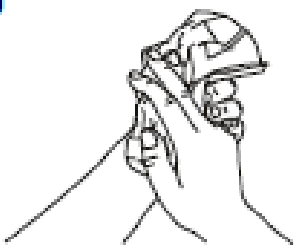
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

9



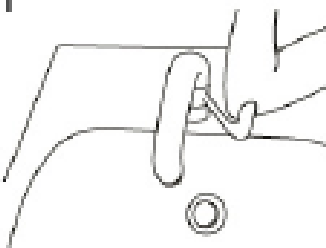
Rinse hands with water.

10



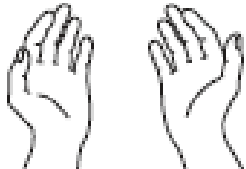
Dry thoroughly with towel.

11



Use elbow to turn off tap.

12



Steps 3-8 should take at least 15 seconds.
...and your hands are safe*.

*Any skin complaints should be referred to local occupational health or GP.