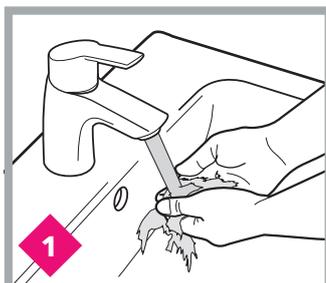


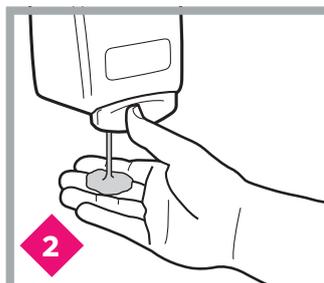
Hand Washing Guide

Removing all dirt and contaminants from the skin is extremely important. Hands and other soiled parts of the body should be cleaned at least at the end of each work period, prior to breaks, or when visiting the toilet.



1

Thoroughly wet hands with water



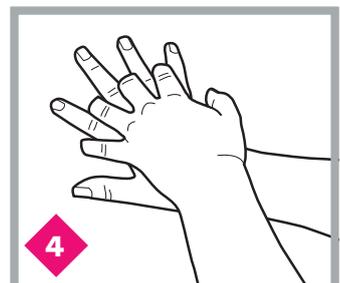
2

Apply enough soap to cover all surfaces



3

Lather soap by rubbing hands palm to palm for 15 seconds



4

Rub back of hands whilst interlacing fingers



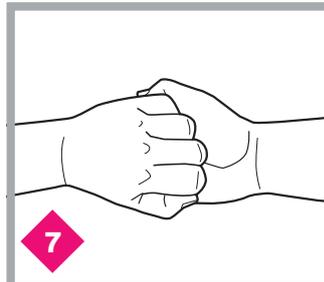
5

Rub palm to palm whilst interlacing fingers



6

Rub the palms in a rotational method, with the clasped fingers of the other hand



7

Rub the back of your fingers with fingers interlocked



8

Rub around each thumb in a rotational method with the other hand



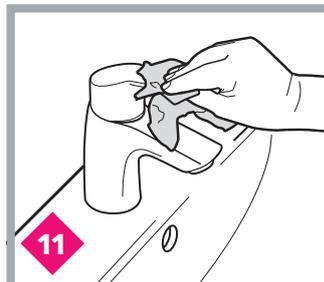
9

Thoroughly rinse hands with water



10

Dry hands with a single use towel



11

Use towel to turn off tap before discarding



12

Your hands are now clean

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