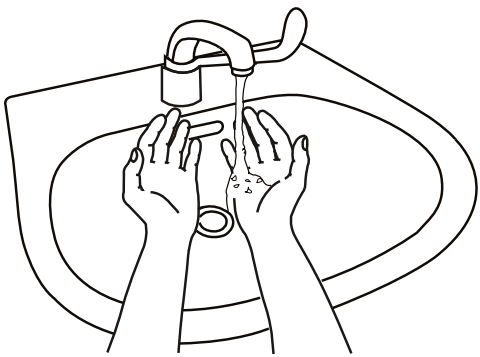


## Best Practice - How to hand wash step by step images

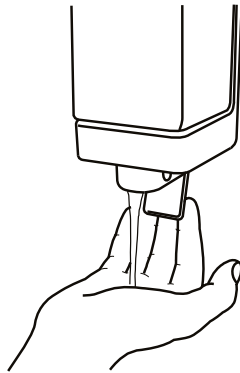
Steps 3-8 should take at least 15 seconds.

1



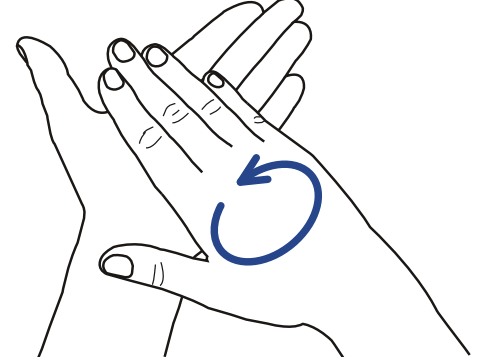
Wet hands with water.

2



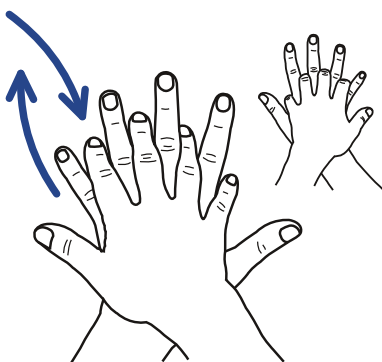
Apply enough soap to cover all hand surfaces.

3



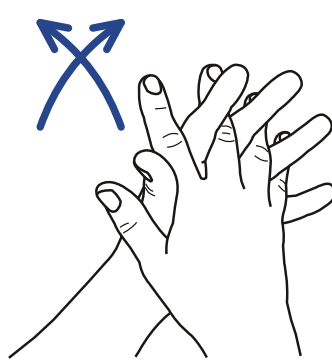
Rub hands palm to palm.

4



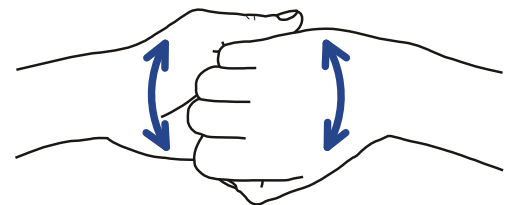
Right palm over the back of the other hand with interlaced fingers and vice versa.

5



Palm to palm with fingers interlaced.

6



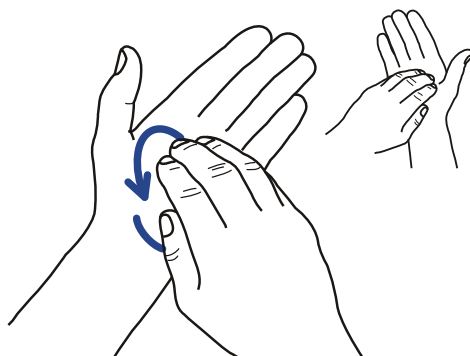
Backs of fingers to opposing palms with fingers interlocked.

7



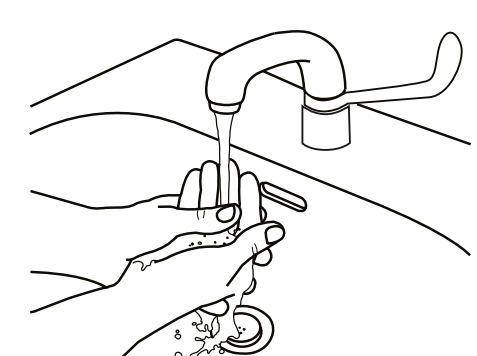
Rotational rubbing of left thumb clasped in right palm and vice versa.

8



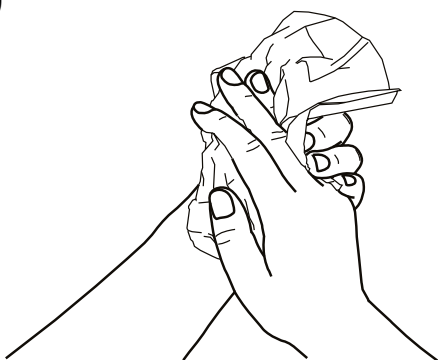
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

9



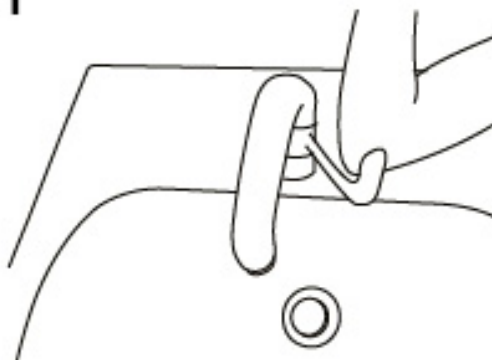
Rinse hands with water.

10



Dry thoroughly with towel.

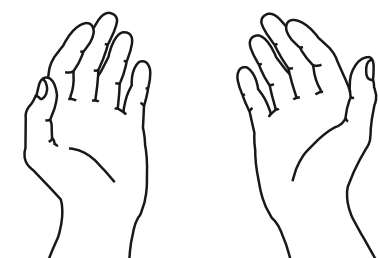
11



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.

**Germs. Wash your hands of them.**