



NOW WASH YOUR HANDS !

Effective hand washing using soap & water



1) Wet hands with water



2) Apply enough soap to cover all hand surfaces



3) Rub hands palm to palm



4) Rub back of each hand with palm of other hand with fingers interlaced



5) Rub palm to palm with fingers interlaced



6) Rub with back of fingers to opposing palms with fingers interlocked



7) Rub each thumb clasped in opposite hand using rotational movement



8) Rub fingers in opposite palm in a circular motion



9) Rub each wrist with opposite hand



10) Rinse hands with clean water



11) Dry thoroughly using a single-use towel or hand dryer



12) Hand washing should take between 15 - 30 seconds



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Help Prevent Infection

Please clean your hands



USING A HANDWASH WITH WATER



HANDWASH

Helps remove bacteria and is suitable for visibly dirty hands

Evans guide to hand washing