

WASH HANDS IN 8 STEPS

DISINFECTION AND APPROPRIATE WASHING OF THE HANDS

Wet hands and forearms. Wash with 5ml alcohol based preparations or antiseptic detergent using the following procedure, each step consisting of five strokes backwards and forwards.



1

Lather hands, cover all areas.



2

Make a fist and turn it, washing the middle of each hand.



3

Put the fingers together in a point and wash in middle of hands.



4

Fan one hand, while horizontally washing bottom of fingers.



5

Place one hand on top of other and wash between fingers and back of hands.



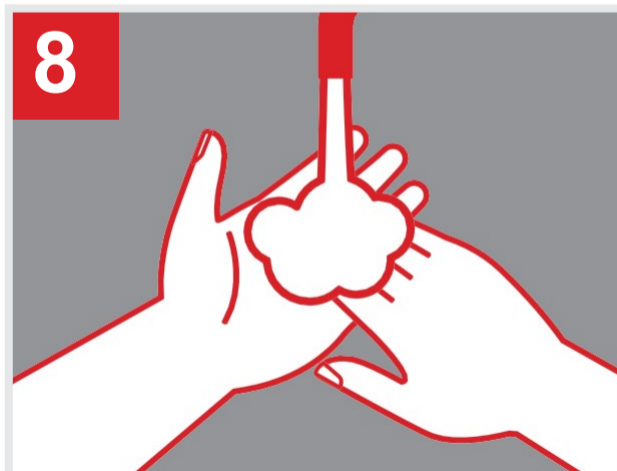
6

Wash index fingerside and connection to thumb.



7

Wash wrists.



8

Rinse hands under running water.



WASH YOUR HANDS

FIRST THING - LAST THING

Continue washing hands and wrists until one minute has lapsed, rinse hands and dry.

WE **VALUE** OUR PEOPLE, AND **SERVE** THE PUBLIC, BY **UPLIFTING** SAFETY STANDARDS!