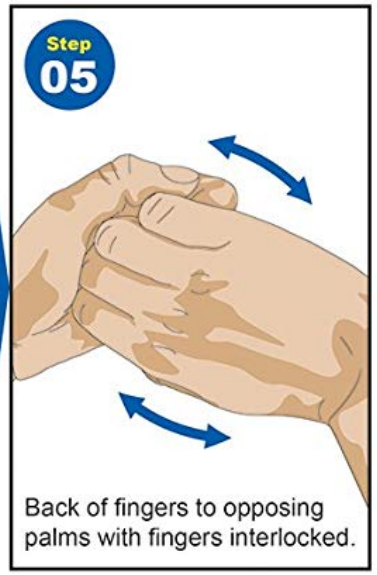
How To Wash Your Hands

Wet hands with water and apply soap or handwash.

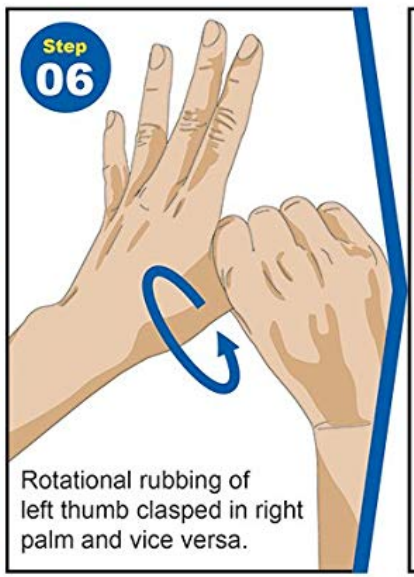
Rub hands palm to palm.

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

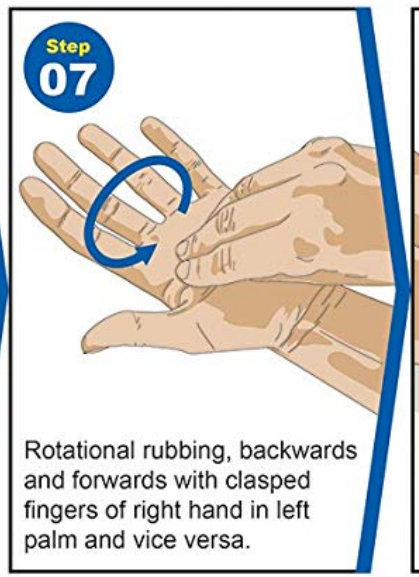
Palm to palm with fingers interlaced.



Back of fingers to opposing palms with fingers interlocked.



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



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

Rinse hands under running warm water.

Dry hands thoroughly with a paper towel or air dryer.

Use your elbow or paper towel to turn off the tap.

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The information contained in the poster is for guidance only and should not be used as a substitute for recognised training.

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