

Appendix 8: How to hand wash poster

Best practice: how to hand wash

With soap and water Steps 3-8 should take at least 15 seconds



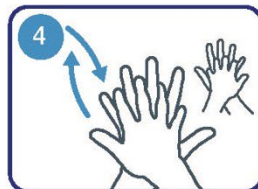
Wet hands with water



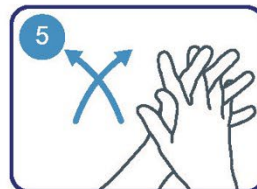
Apply enough soap to cover all hand surfaces



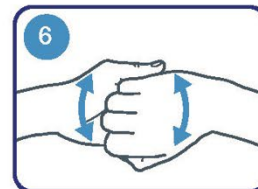
Rub hands palm to palm



Rub back of each hand with the palm of the other hand with fingers interlaced



Rub palm to palm with fingers interlaced



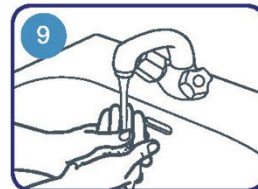
Rub with backs of fingers to opposing palms with fingers interlaced



Rub each thumb clasped in opposite hand using rotational movement

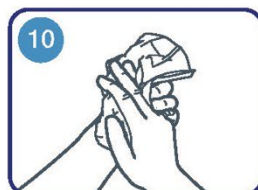


Rub tips of fingers in opposite palm in a circular motion

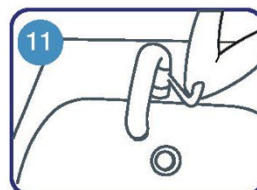


Rinse hands with water

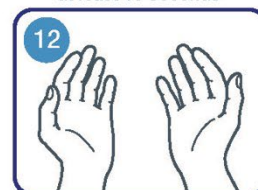
Steps 3-8 should take at least 15 seconds



Dry roughly with a single-use towel



Use elbow to turn off tap



Your hands are now safe

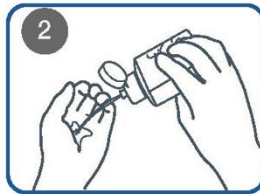
Best practice: how to hand rub

With alcoholic hand rub Duration of process: 20-30 seconds

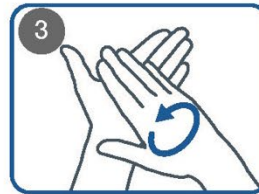
(containing at least 60% alcohol)



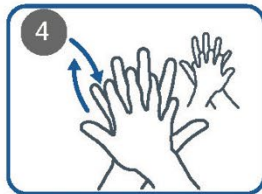
1 Apply a small amount of the product (about 3ml) into a cupped hand



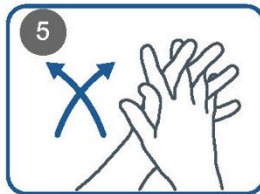
2 Apply enough to cover all hand surfaces



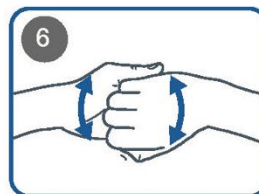
3 Rub hands palm to palm



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



5 Rub palm to palm with fingers interlaced



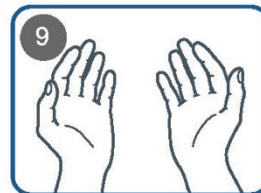
6 Rub with backs of fingers to opposing palms with fingers interlaced



7 Rub each thumb clasped in opposite hand using rotational movement



8 Rub tips of fingers in opposite palm in a circular motion



9 When dry, your hands are now safe