

HOW TO HAND RUB

USE HAND RUB TO CLEAN HANDS. WASH HANDS ONLY WHEN VISIBLY SOILED.

**HAND HYGIENE
IT'S BLACK & WHITE**

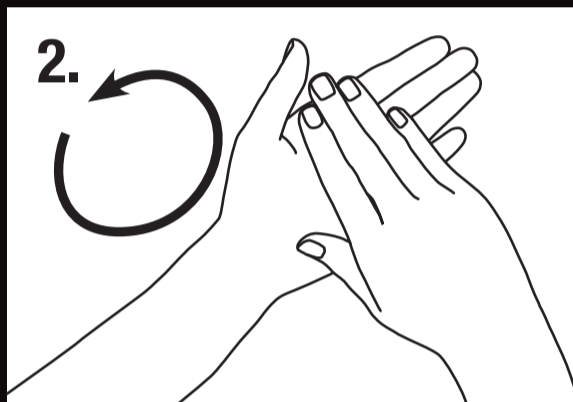


Duration of the entire procedure: about 20-30 sec.



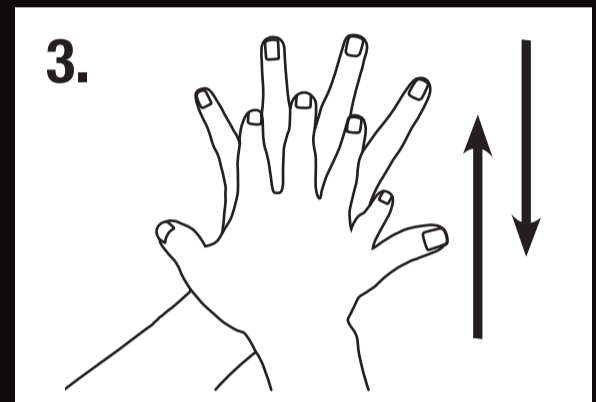
1.

Apply one squirt of hand rub in a cupped hand.



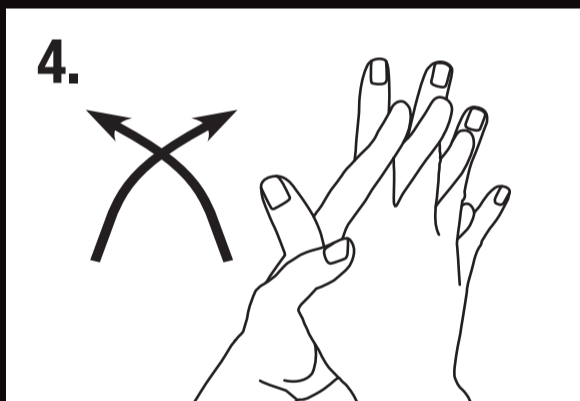
2.

Rub hands palm to palm, up to and including wrists.



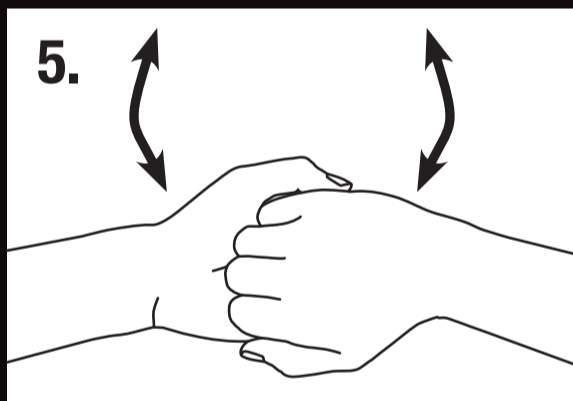
3.

Right palm over back of left with linked fingers and vice versa.



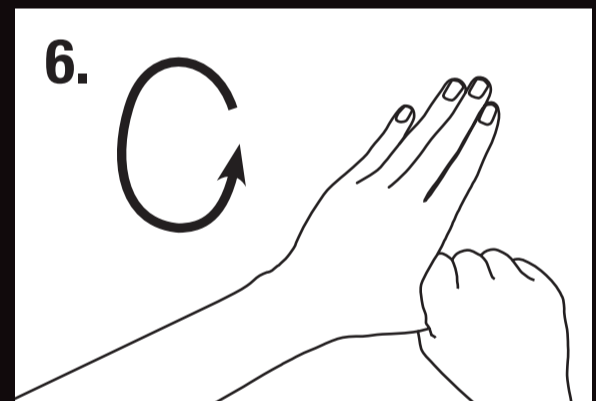
4.

Palm to palm with fingers linked.



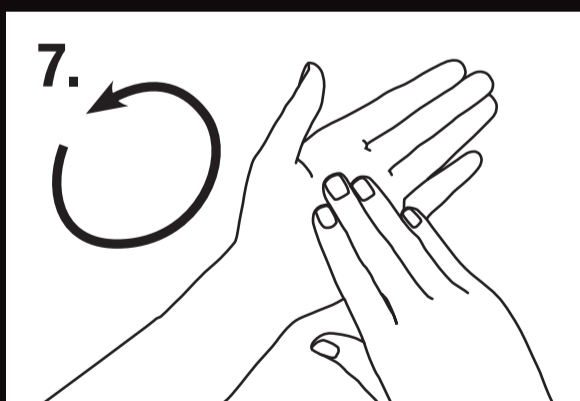
5.

Backs of fingers to opposing palms with fingers interlocked.



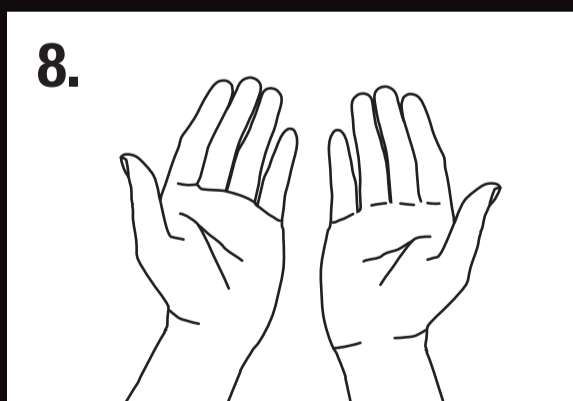
6.

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



7.

Rotational rubbing firmly, with closed fingers of right hand in left palm and vice versa.



8.

Once dry, your hands are safe.

WAIT! HAVE YOU:

- Removed all wrist and hand jewellery other than a wedding band?
- Been using a hand lotion regularly to prevent dry, cracked hands. i.e. before and after work and before breaks?
- Covered minor cuts and abrasions on hands and arms with a waterproof dressing before starting work?
- Contacted occupational health and safety if you have any dermatitis, skin allergies or infected lesions on your arms or hands?

