




SANITISE YOUR HANDS!


STOP cross contamination

1



Apply 2 - 3 pumps into clean, dry, cupped hands

2



Rub hands palm to palm

3



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

4



Rub palm to palm with fingers interlaced

5



Rub with back of fingers to opposing palms with fingers interlocked

6



Rub each thumb clasped in opposite hand using rotational movement

7




Rub fingers in opposite palm in a circular motion

8



Rub each wrist with opposite hand

9



Rub until hands are dry. Steps 1 - 8 should take at least 30 seconds



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