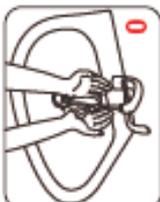


HAND CLEANING TECHNIQUES

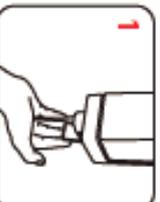
How to handwash?

WITH SOAP AND WATER

0 Wet hands with water



1 Apply enough soap to cover all hand surfaces



2 Rub hands palm to palm



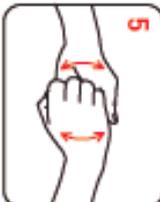
3 Rub back of each hand with the palm of other hand with fingers interlaced



4 Rub palm to palm with fingers interlaced



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



6 Rub each thumb clasped in opposite hand using rotational movement



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



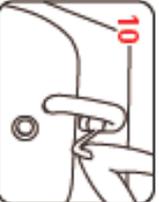
8 Rub each wrist with opposite hand



9 Rinse hands with water



10 Use elbow to turn off tap



11 Dry thoroughly with a single-use towel



12 your hands are now safe



 40-60 sec

HAND CLEANING TECHNIQUES

How to handrub? WITH ALCOHOL HANDRUB

1a 

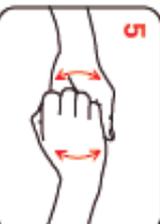
1b 

Apply a small amount (about 3ml) of the product in a cupped hand, covering all surfaces

2  Rub hands palm to palm with fingers interlaced

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

4  Rub palm to palm with fingers interlaced

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

6  Rub each thumb clasped in opposite hand using rotational movement

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

8  Rub each wrist with opposite hand

9  Once dry, your hands are safe

 20-30 sec