WASH YOUR HANDS

WASHING AND RINSING HANDS SHOULD TAKE ABOUT AS LONG AS SINGING 'HAPPY BIRTHDAY' TWICE.

1 WATER AND SOAP

Turn on tap
Wet hands using water
Dispense solution into cupped hands

Rub hands vigorously together working up a lather over all areas of the fingers, hands and wrists.

2 PALM TO PALM

3 BETWEEN FINGERS

4 FOCUS ON THUMBS

5 BACK OF HANDS

6 FOCUS ON WRISTS

Rinse hands and dry hands with paper towel or hand dryer

child care
CENTRE DESKTOP