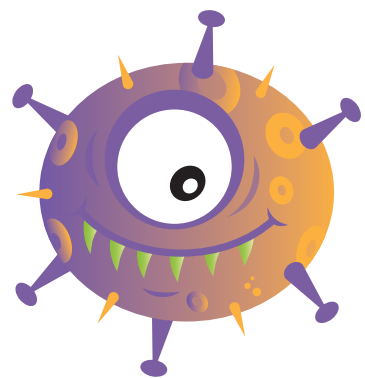
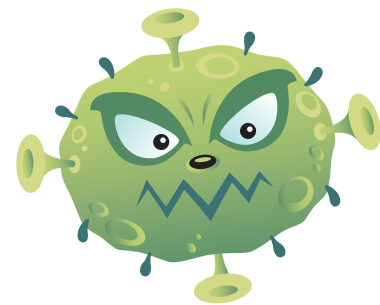


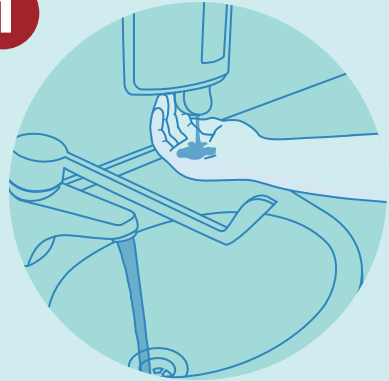
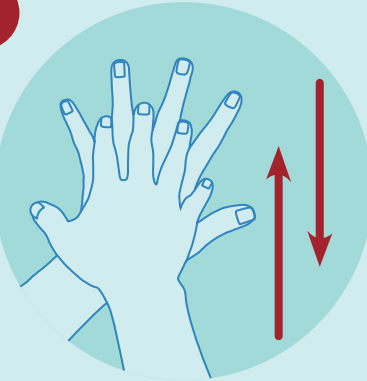
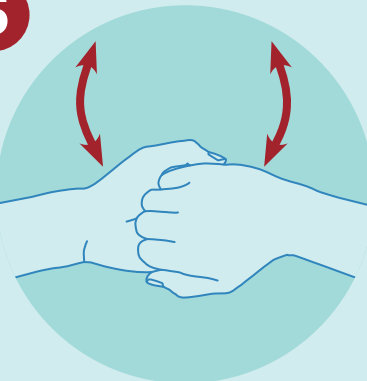
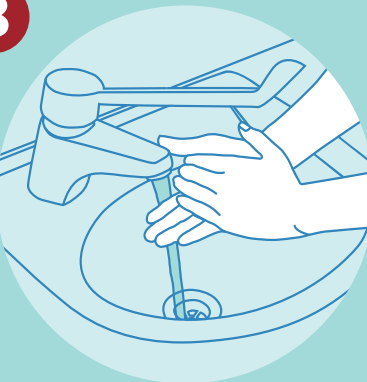


How To

HAND WASH



Wash hands when visibly soiled, after contact with patients who have diarrhoea or vomiting, or when advised to do so. Alcohol-based hand rub can be used at all other times.

 1 Wet hands with water and apply enough soap to cover all hand surfaces	 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 Rinse your hands with water	 9 Dry hands thoroughly with a paper towel

IMPORTANT TIPS:



Procedure lasts
40-60
SECONDS

- Remove all wrist and hand jewellery other than a wedding band.
- Use hand lotion regularly to prevent dry, cracked hands, ie, before and after work and before breaks.
- Cover minor cuts and abrasions on hands and arms with a waterproof dressing before starting work.
- Contact occupational health and safety if you have any dermatitis, skin allergies or infected lesions on your arms or hands.