

Hand Sanitising Guide

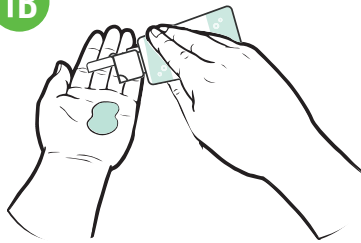
Using hand sanitiser effectively is a key component in keeping hands clean and germ-free!

1A



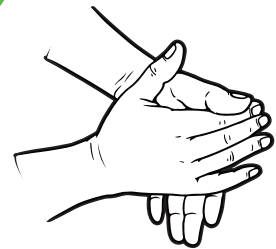
Dispense enough sanitiser to cover all the surfaces of both hands and wrists into the palm of your hands

1B



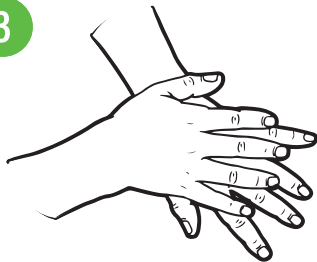
Dispense enough sanitiser to cover all the surfaces of both hands and wrists into the palm of your hands

2



Rub palms together

3



Rub palms against the back of the opposite hand with fingers interlaced

4



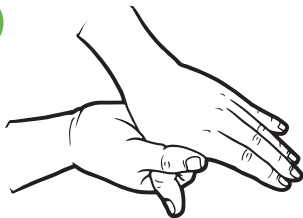
Rub palms together with fingers interlaced

5



Rub the backs of fingers against the opposing palms

6



Rub each thumb inside the opposite palm

7



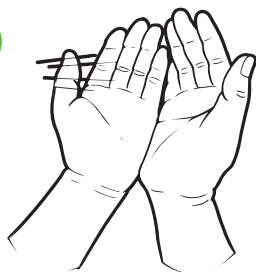
Using circular motions, rub fingertips against the opposite palm

8



Remember the wrists

9



When dry, your hands are safe



Let dry 20-30 seconds



safety

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