

Keeping hygiene in hand... ...wash your hands

GOOD HAND HYGIENE IS ONE OF THE MOST IMPORTANT ACTIONS TO REDUCE THE SPREAD GERMS AND PREVENT INFECTIONS, INCLUDING THE COVID-19 VIRUS.

Help protect yourself and others by following the instructions below.

DURATION OF PROCEDURE: 20-60 SECONDS

You should wash your hands for the amount of time it takes to sing "Happy Birthday" twice.



Wet hands with water.



Apply enough soap to cover all hand surface.



Rub hands palm to palm to build lather.



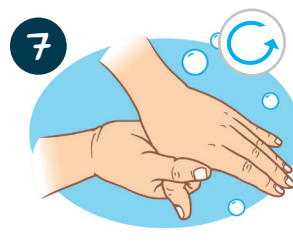
Spread lather over the back of each hand with fingers interlaced.



Rub palm to palm with fingers interlaced.



Grip the fingers on each hand and rub in sideways back and forth movement.



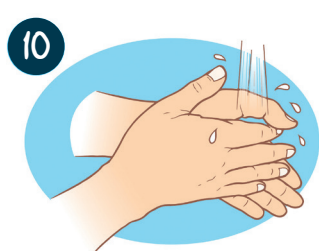
Clasp each thumb in the opposite hand and rotate.



Press fingers into palm of each hand and rotate.



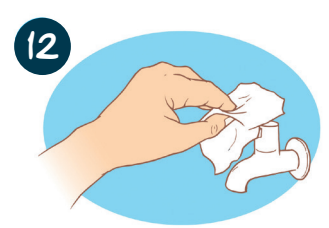
Rub each wrist with the opposite hand.



Rinse hands thoroughly under running water.



Dry hands thoroughly with a disposable towel.



Use towel or elbow to turn off tap.

#HandHygiene

#WashYourHands

#InfectionPrevention



Call **01685 846666**
Visit **wms.co.uk**