

10 STEPS TO CLEAN HANDS

1

Wet hands with clean running water.



2

Brush under your nails with water and soap at the beginning of every shift.



3

Apply soap to the full surface of both hands.



4

Rub the palms of your hands forcefully against each other.



5

Rub the palm of your hand across the flipside of your hand.



6

Rub the flipside of your fingers against the palm of your hand.



7

Wash thoroughly between your fingers.



8

Wash up to your elbows with soap.



9

Rinse the soap with clean, running water.



10

Dry palm of hands & between fingers thoroughly with a paper towel or an air blower.



BE AWARE WASH WITH CARE!

A message from the Municipal Health Services

