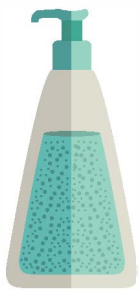


Correct hand washing can be broken down into 6 steps



1. Wet hands

Use warm to hot water to wet your hands and remove any visible dirt or grime.



2. Apply soap

Apply a liquid soap to your hands. Try to avoid or limit the use of bar soaps as they can harbour bacteria. If you do need to use bar soap, then ensure that it is stored in a container that allows for self drainage and is cleaned regularly.



3. Lather and scrub

Rub your hands together well with the soap for a minimum of 20 seconds. Make sure to thoroughly clean palms, the back of the hands, between each finger and under the fingernails.



4. Rinse

Rinse off the soap using warm running water for at least 20 seconds and be sure to point fingers downwards while rinsing.



5. Turn off the tap

Taps can be a breeding ground for bacteria when people turn them on using dirty hands, so try to use a paper towel to turn the tap off.



6. Dry

Wet hands can carry up to one thousand times more germs than dry hands, so it's important to dry hands thoroughly using a paper towel or hand dryer. Do not use a tea towel or your apron as this will contaminate your hands again.