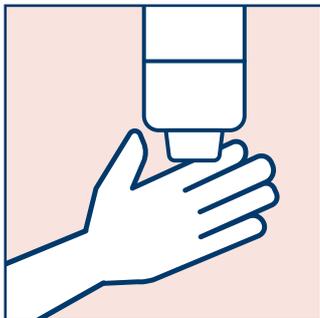
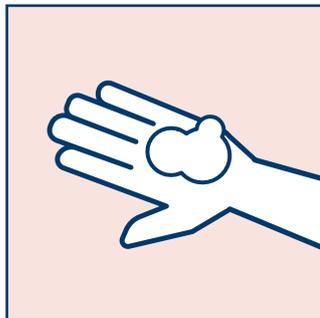


Hand sanitising procedure

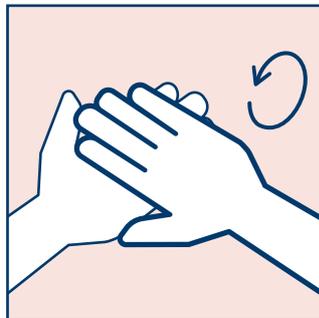
Disinfect your hands thoroughly for at least 30 seconds



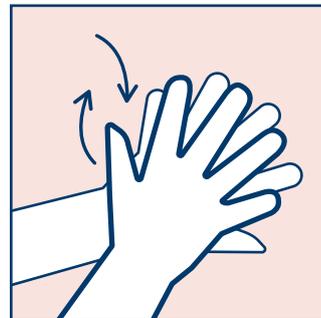
1 Dispense sanitiser



2 Ensure you have enough to cover both hands and wrists



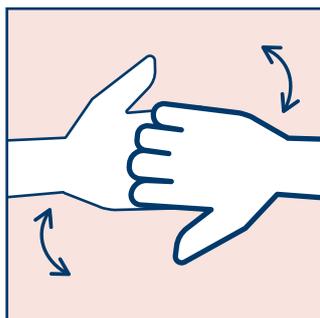
3 Rub the palms together



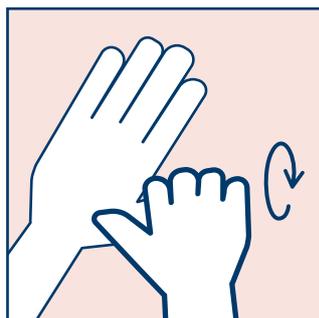
4 Rub the back of one hand against the palm of the other, then swap



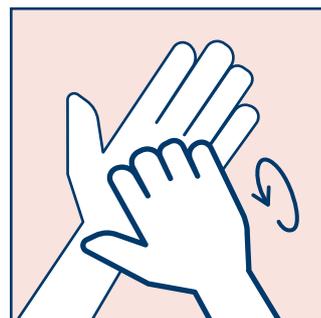
5 Rub palms together with fingers interlaced



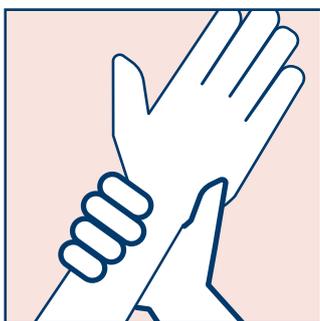
6 Rub tips of fingers against palm of the opposite hand



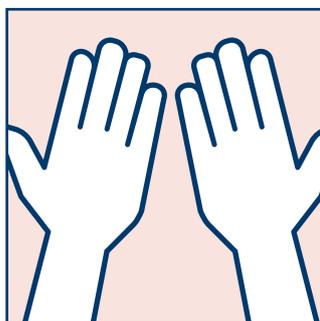
7 Rub each thumb by rotating inside the palm of the other hand



8 Rub the backs of fingers in small circular motions against palms



9 Remember to sanitise the wrists



10 When dry, your hands are safe

Clean hands are key to staying healthy. Hand sanitiser effectively kills bacteria.