

Best Practice Hand Washing

EFFECTIVE HAND WASHING WITH SOAP & WATER



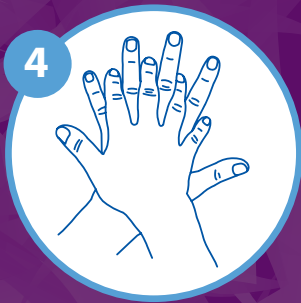
Wet hands under running water.



Add soap.



Rub palms together to create a lather.



Rub the backs of hands with palms with fingers interlaced.



Wash between fingers.



Group fingers together, rub tips in lather on palm of opposite hand.



Rotational rubbing of left thumb clasped in right palm and vice versa.



Rub the right wrist with the left palm and vice versa.



Rub backs of fingers against opposite palm.



Rinse hands to remove all soap. Dry thoroughly with a single use paper hand towel.



Duration of effective hand washing:

40-60 SECONDS*

Steps 3 - 9 should be for a minimum of 20 seconds



Wash hands regularly to maintain hand hygiene.

*Based on the 'How to Handwash' poster published by World Health Organization, May 2009. The responsibility for the interpretation and use of the material lies with the reader. In no event shall BUNZL be liable for damages arising from its use.