



## Hand Cleaning Technique - with sanitiser

Effective hand washing is the most important and easiest way to prevent the spread of illness.

Wash and dry or sanitise your hands frequently. Hand sanitiser should not replace regular hand washing.

Duration of the entire procedure: about 15-30 seconds

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1 Apply one measure of hand sanitiser into cupped hand.
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2 Rub hands palm to palm up to and including wrists.
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3 Rub right palm over back of left with linked fingers & vice versa.
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4 Rub palm to palm with fingers linked.
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5 Rub back of fingers to opposing palms with fingers interlocked.
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6 Rub each thumb clasped in opposite hand using a rotational movement & vice versa.
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7 Rub tips of fingers in opposite palm in a circular motion.
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8 Once dry your hands are sanitised