

Guidance Poster Pack



STOP THE SPREAD

CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.



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



Hand Washing Technique - with soap & water

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

Wash and dry or sanitise your hands frequently.

Duration of the entire procedure: about 15 - 30 seconds.

The same as humming the 'Happy Birthday' song through twice.

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Wet hands with water.
- 

Apply enough soap to cover all hand surface & rub hands palm to palm up to & including wrists.
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Rub right palm over back of left with linked fingers & vice versa.
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Rub palm to palm with linked fingers.
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Rub back of fingers to opposing palms with fingers interlocked.
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Rub each thumb clasped in opposite hand using a rotational movement & vice versa.
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Rub tips of fingers in opposite palm in a circular motion.
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Rinse hands well with water.
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Dry hands thoroughly.

You need to wash your hands!



germs are everywhere



1 Rinsing hands with water



2 Add soap



3 Rub hands together



4 Clean backs of hands and wrists



5 Clean between fingers



6 Rinsing hands



7 Drying hands

When do you need to wash your hands...



After using the toilet



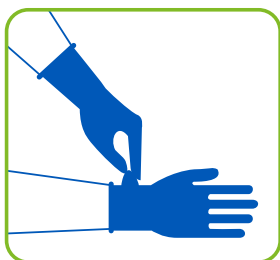
Before eating

How to Safely Remove PPE

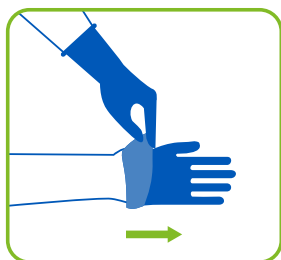
The **World Health Organisation** states that **face masks, gloves, wipes and paper tissues** should be hygienically disposed of using a **closed bin**.

Please follow this sequence for removing PPE:

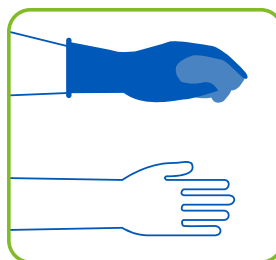
Glove Removal



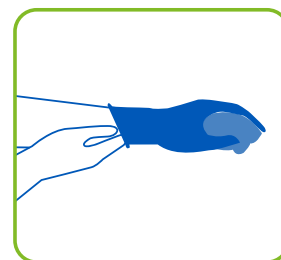
Pinch one glove at the wrist level to remove it, without touching the skin



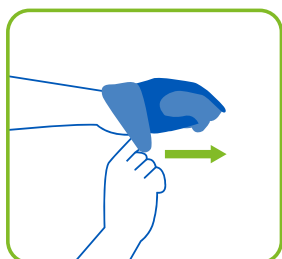
Peel the glove away from your hand, thus allowing the glove to turn inside-out



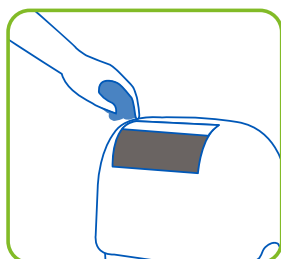
Hold the inside-out glove in the other hand



Slide your fingers under the wrist of the other glove



Peel the glove away from your body, turn it inside-out, leave the first glove inside the second



Dispose of the gloves safely in the bin provided



Wash your hands

Mask removal



Handle by ear-loops, as front of mask is dirty. Remove from face, in a downward direction, using ear-loops



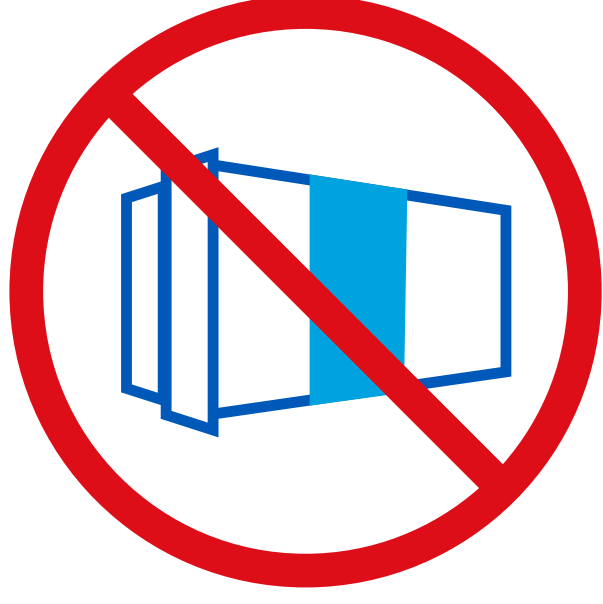
Discard mask in the disposal bin provided



Wash your hands

Your well-being is important to us.
Stop the spread!

PPE Disposal Unit



citron
HYGIENE

Hand Sanitiser

Please

use me



Stop the Spread!



**Hand
Sanitiser**
please use me

**GUIDANCE
POSTER PACK**

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