



World Hand Hygiene Day

5 May



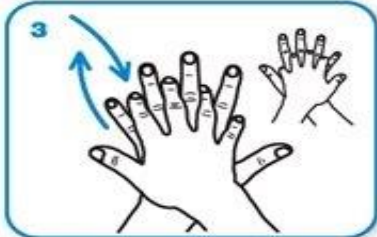
Wet hands with water



apply enough soap to cover all hand surfaces.



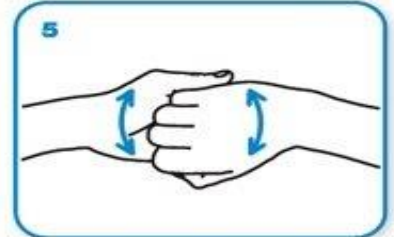
Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



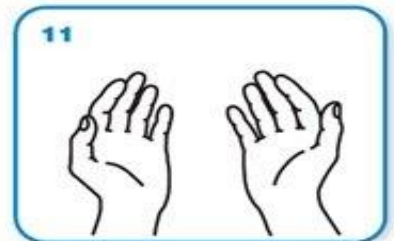
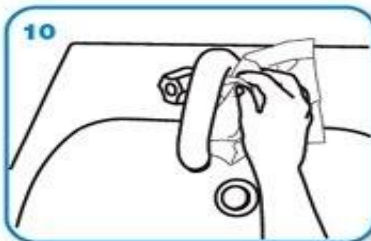
rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



Poster Compiled by:
Alan Brand
POSITIVELY ALIVE^{cc}
Employee Wellness Consultant and Specialist Trainer
CK2010/00285/23
Mobile: +27 (82) 453-0560
E-mail: albrand@iafrica.com
Website: www.positivelyalive.co.za