

ARE YOU WASHING YOUR HANDS CORRECTLY?

Ensure that all jewellery or watches are removed to ensure that hands are thoroughly cleaned.



STEP 1

Wet hands and fingernails with the 3M Avagard Antiseptic Hand Rub.



STEP 2

Rub hands together for 20-30 seconds, rubbing palm to palm.



STEP 3

Rub right palm over left dorsum and left palm over right dorsum.



STEP 4

Rub palm to palm with fingers interlaced.



STEP 5

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



STEP 6

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa allowing alcohol to evaporate, leaving hands dry.