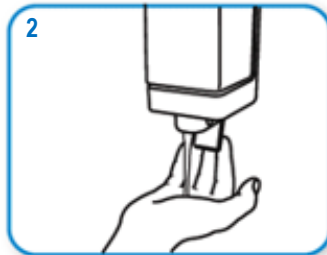


Advice for staff and students on good hand washing technique

Washing your hands properly should take about twenty seconds, using the procedure shown below:



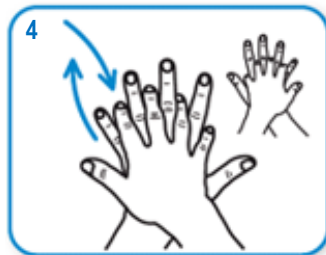
1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



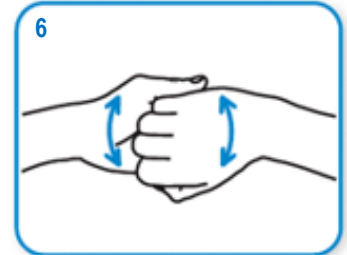
3 Rub hands palm to palm



4 Right hand over left with interlaced fingers, and vice versa



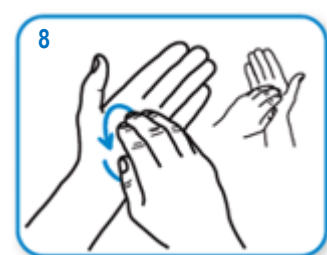
5 Palm to palm with interlaced fingers



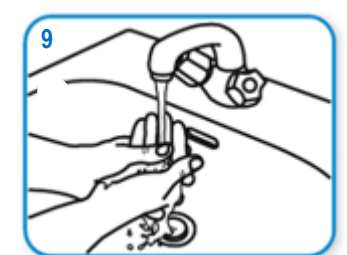
6 Backs of fingers to opposing palms with fingers interlocked



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



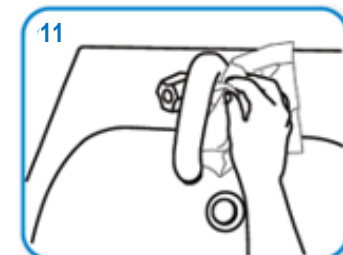
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm, and vice versa



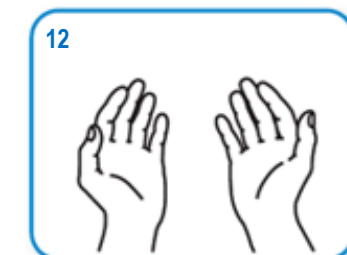
9 Rinse hands with water



10 Dry hands thoroughly with a single use towel or air drier



11 Use towel to turn off tap, where available



12 Your hands are now clean