



BACKLINE

LOGISTICS | RECRUITMENT | TRAINING

7 STEPS TO FOLLOW WHEN WASHING YOUR HANDS

Step 1 - Wet your hands and apply enough liquid soap to create a good lather. The temperature of the water should be between 35°C and 45°C.

Step 2 - Rub your hands palm to palm in circular motions. Rotate clockwise and anticlockwise.

Step 3 - With your fingers linked through the other hand, use your right palm to rub the back of your left hand. Then swap

Step 4 - Link your fingers together, facing each other, into clasped hands. Then rub your palms and fingers together.

Step 5 - Cup your fingers together, with your right hand over and your left hand under. With your fingers interlocked, rub the backs of them against your palms. Then swap.

Step 6 - Enclose your right hand around your left thumb and rub as you rotate it, then swap.

Step 7 - Rub your fingers over your left palm in a circular motion, then swap.

Step 1



Step 2



Step 3



Step 4



Step 5



Step 6



Step 7



NOW USING A PAPER TOWEL DRY YOUR HANDS AND USE THAT TOWEL TO TURN OFF THE TAP