

HAND HYGIENE



- Wet hands under running water and then dispense one dose of liquid soap/ antiseptic onto hands.
- Wash vigorously for 15 seconds. Following steps 1 - 7 without adding more water.
- Ensure hands are well rinsed.
- Dry hands thoroughly with paper towel and turn off taps with elbows or paper towel.
- Dispose of towel in bin. Always use the foot operated pedal and not your hand to open bin.
- Apply hand cream regularly.