LIFE is in your hands

Wash hands - otherwise use handrub

Duration of the entire procedure: 40-60 seconds



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;



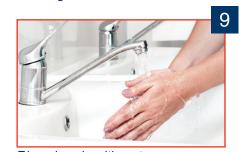
Back of fingers to opposing palms with fingers interlocked;



Rotational rubbing of the left thumb clasped in the 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;



Dry hands thoroughly with a single paper towel;



Turn off the taps with your forearm;



Your hands are now safe.



