

## ABSENCE OF DON'T COMPROMISE CLEAN WATER HAND SANITISE



Apply a palmful of the product in a cupped hand, covering all surfaces



An elbow, press or squeeze bottle can be used depending on availability



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 palm with fingers interlocked and vice versa



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

NATIONAL HEALTH

LABORATORY SERVICE



Rotational rubbing, back and forth with clasped fingers of right hand in left palm and vice versa

## NATIONAL INSTITUTE FOR OCCUPATIONAL HEALTH

Division of the National Health Laboratory Service



Once dry, your hands are now safe

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