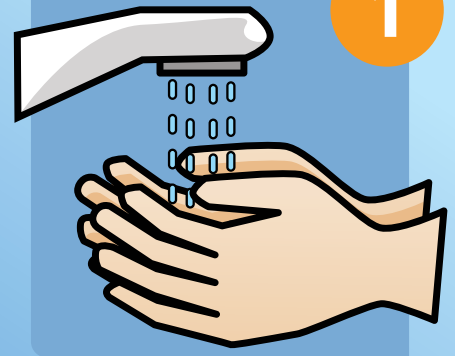


EFFECTIVE HANDWASHING

Courtesy of **Advance OHS**

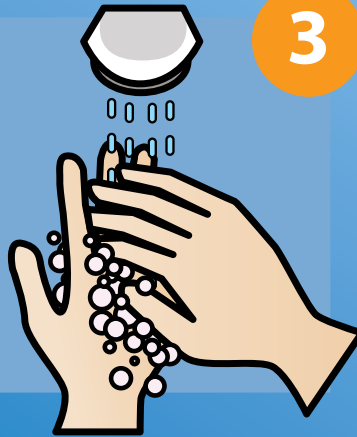
7 Steps to Prevent the Spread of Germs



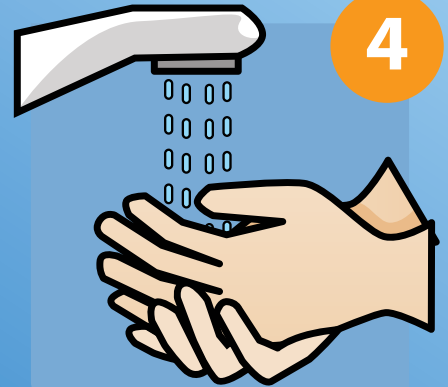
1 Turn on water to a comfortable temperature and moisten hands and wrists.



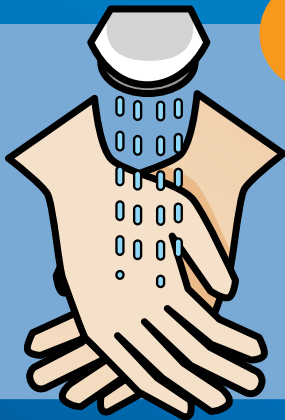
2 Apply a generous portion of liquid soap.



3 Generate a heavy lather and wash well for approx. 15 seconds. Clean between fingers, nail beds, under fingernails and backs of hands



4 Rinse well under running water, keeping hands low in sink to prevent splashing.



5 Hold hands so that water flows from the wrist to fingertips.



6 Dry hands completely with clean paper towels.



7 Use the paper towel to turn off the faucet so your hands remain clean.

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