

SANITISE YOUR HANDS!

STOP cross contamination





Rub hands palm to palm



Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



interlocked





Rub fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rub until hands are dry. Steps 1 - 8 should take at least 30 seconds





SHARING OUR EXPERTISE

movement