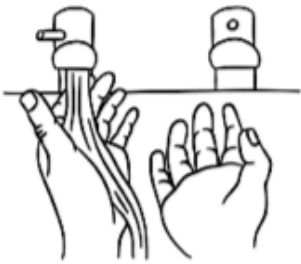


Steve Pepper Training Associates

How to Wash Your Hands



1



First wet your hands

2



Apply enough soap to cover your hands and to form a lather

3



Rub the palms of your hands together

4



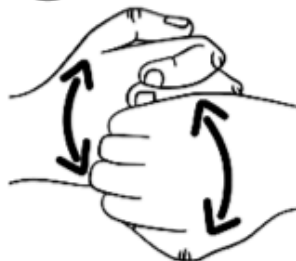
Put the palm of your hand over the back of your other hand and interlace your fingers

5



Palm to palm interlacing fingers

6



Backs of fingers to opposing palms, fingers interlaced

7



Don't forget to rub round both thumbs and wrists

8



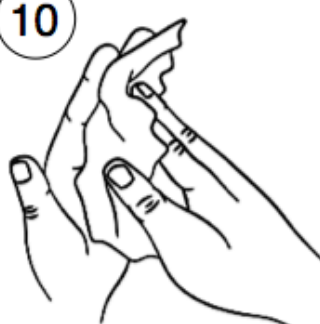
Rub the palm with closed fingers on both hands

9



Rinse hands in clean running water

10



Dry hands on a clean disposable towel

11



Turn off the tap with the towel

12



Your hands are now clean and safe for handling food, you can also apply an alcohol based gel

The whole process of thoroughly washing your hands should take about **one minute**.

If you would like more copies of this poster contact Steve Pepper on #44(0)7806 472134

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