



# How To

# HAND RUB



Use hand rub to clean hands. Wash hands only when visibly soiled.

 <p><b>1</b></p> <p>Apply one squirt of hand rub in a cupped hand</p>	 <p><b>2</b></p> <p>Rub hands palm to palm, up to and including wrists</p>	 <p><b>3</b></p> <p>Right palm over back of left with linked fingers and vice versa</p>
 <p><b>4</b></p> <p>Palm to palm with fingers linked</p>	 <p><b>5</b></p> <p>Backs of fingers to opposing palms with fingers interlocked</p>	 <p><b>6</b></p> <p>Rotational rubbing of left thumb held in right palm and vice versa</p>
 <p><b>7</b></p> <p>Rotational rubbing firmly, with closed fingers of right hand in left palm and vice versa</p>	 <p><b>8</b></p> <p>Once dry, your hands are safe</p>	

## IMPORTANT TIPS:



- Remove all wrist and hand jewellery other than a wedding band.
- Use hand lotion regularly to prevent dry, cracked hands, ie, before and after work and before breaks.
- Cover minor cuts and abrasions on hands and arms with a waterproof dressing before starting work.
- Contact occupational health and safety if you have any dermatitis, skin allergies or infected lesions on your arms or hands.

