

# Clean your hands. Save a life.

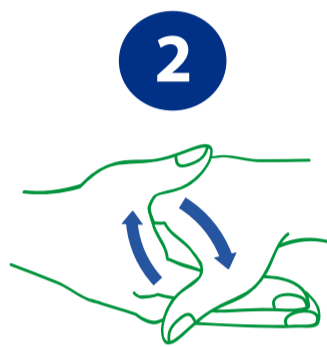


## How to clean your hands effectively

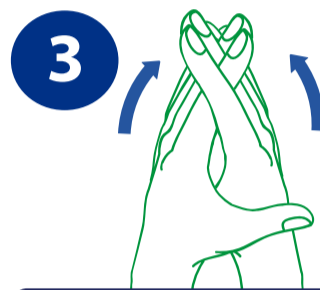
Depending on where you are when you need to clean your hands, you may use either soap and water or alcohol-based hand rub. If you're using hand rub, skip steps 8-10.



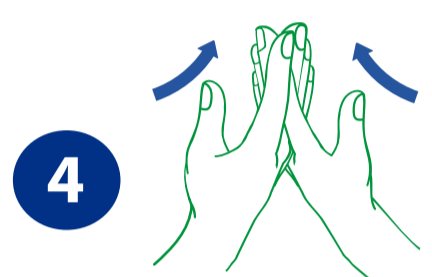
Apply hand rub or soap and water



Rub hands palm to palm



Rub hands palm to palm with fingers interlaced



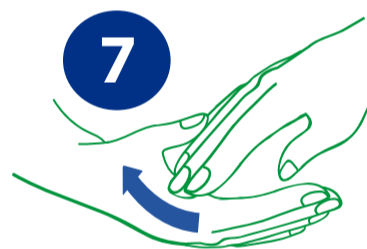
Rub back of hands with fingers interlaced



Rub backs of fingers on opposing palms with hands interlocked



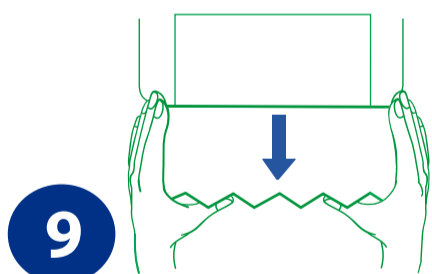
Rotate opposing hand around each thumb



Rub fingers around opposing palm



Rinse hands with water



Dry thoroughly with a single-use towel



Use the towel to turn off the tap and dispose of in pedal bin



Leave your hands to completely dry for 60 seconds, and your hands are safe!

Hygenex is redefining infection control. If you need any help with your sluice room requirements, get in touch today.



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