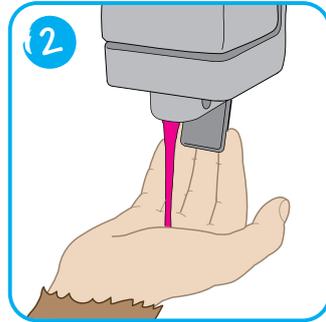


How to wash your hands



1 Wet your hands with warm water



2 Squirt liquid soap onto one hand



3 Rub soap into palms and onto the back of your hands



4 Rub soap in between your fingers



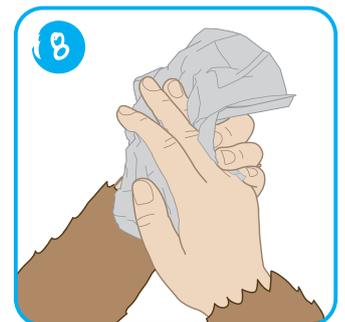
5 Rub finger tips into palms



6 Rub each wrist with opposite hand



7 Rinse soap off with water



8 Dry hands with a disposable paper towel



Information and diagrams adapted from World Health Organization Guidelines on Hand Hygiene.

More FREE washroom posters are available to download at:
www.washroomcubicles.co.uk/posters



For washroom products, advice and resources visit:
www.washroomcubicles.co.uk



For training and support regarding childhood continence issues:
www.eric.org.uk