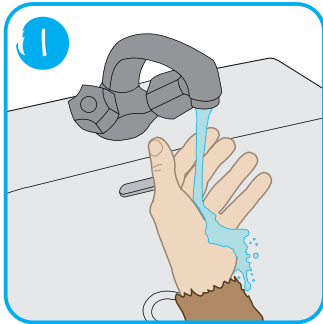
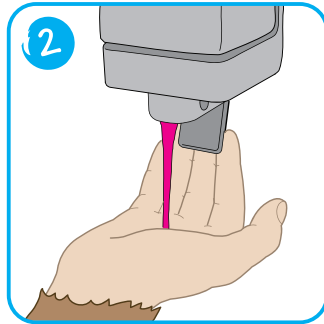


# How to wash your hands



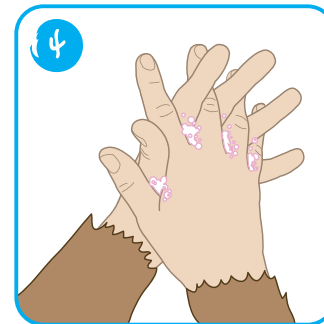
Wet your hands with warm water



Squirt liquid soap onto one hand



Rub soap into palms and onto the back of your hands



Rub soap in between your fingers



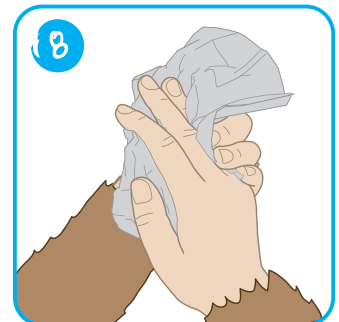
Rub finger tips into palms



Rub each wrist with opposite hand



Rinse soap off with water



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](http://www.washroomcubicles.co.uk/posters)