



**BEESWIFT**  
FOCUSED ON SAFETY

Product Code

CM1315

Available in Sizes

**ONE SIZE**

Available in Colours

White  
CM1315

# DATASHEET

## Click Medical Wash Your Hands Poster



- User friendly text and clear instructions show employees how to prevent accidents and injury whilst maintaining a healthy working environment
- Durable laminated construction with full colour illustrations
- Compiled by qualified health and safety practitioners
- Size 59 x 42cm (A2 Paper size)

**How To Wash Your Hands**

**WHY IS HAND HYGIENE SO IMPORTANT?**

- Millions of germs are picked up by hands during every-day activities. Many of these are harmless but some cause illness such as colds, flu and stomach bugs.
- Hand hygiene is essential to prevent the transfer of these germs to other people and surfaces to stop the spread of illness.
- Poor hand hygiene can lead to the spread of Campylobacter, Salmonella, MRSA, Impetigo and Flu.

**WHEN TO WASH YOUR HANDS**

**Wash your hands before you:**

- Prepare or eat food.
- Treat a cut or a wound.
- Visit a hospital ward.
- Inserting or removing contact lenses.

**Wash your hands after you:**

- Use the toilet.
- Blow your nose, cough or sneeze.
- Touch a sick or injured person.
- Handle rubbish.

**Handle uncooked food.**

- Visit a hospital ward.
- Touch animals or animal waste.
- Change a nappy.

**HOW TO WASH YOUR HANDS**

**STEP 1** Wet hands with water and apply soap or handwash.

**STEP 2** Rub hands palm to palm.

**STEP 3** Rub palm over the back of the other hand with interlaced fingers and vice versa.

**STEP 4** Palm to palm with fingers interlaced.

**STEP 5** Back of fingers to opposing palms with fingers interlocked.

**STEP 6** Rotational rubbing of left thumb clasped in right palm and vice versa.

**STEP 7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.

**STEP 8** Rinse hands under running warm water.

**STEP 9** Dry hand thoroughly with a paper towel or air dryer.

**STEP 10** Use your elbow or paper towel to turn off the tap.

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