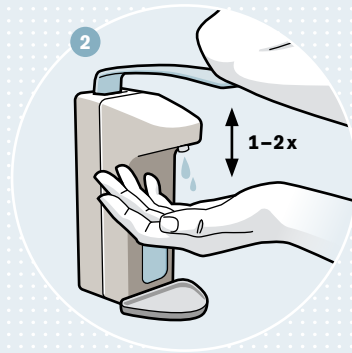




Wet hands. First rinse off visible dirt with water



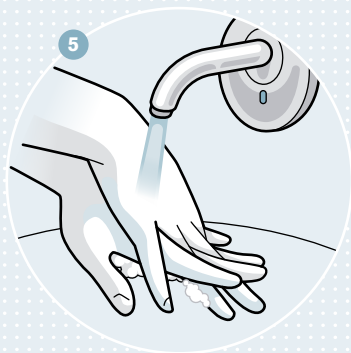
Apply soap to hands



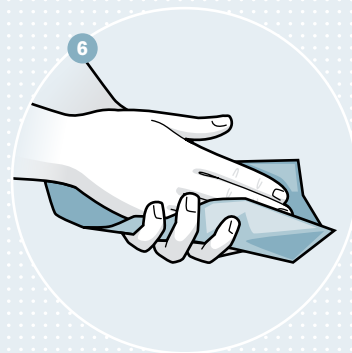
Lather up the washing lotion with water



Wash hands thoroughly



Rinse hands thoroughly



Dry hands thoroughly with a disposable hand towel

Hygienic hand washing

When?

- Before and after work
- After using the toilet
- If there is visible dirt
- In case of suspected contamination with bacteria and viruses

i Thorough hand washing takes 30 seconds.

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