First aid fact sheet

How to hand wash correctly

The single most important action you can do to avoid infection is washing your hands.

- Wash your hands when they are visibly dirty. Otherwise, use an alcohol handrub liquid.
- Washing your hands should take 40–60 seconds.

1. Wet hands with water.

2. Apply enough soap to cover all hand surfaces.

3. Rub hands palm to palm.

4. Rub right palm over top of left hand, with interlaced fingers and vice versa.

5. Rub palm to palm with fingers interlaced.

6. Rub backs of fingers against opposing palms.

7. Rotational rubbing of left thumb clasped in right palm and vice versa.

8. Rub fingers of right hand around, back and forward in left palm, then vice versa.

9. Rinse hands with water.

10. Dry hands thoroughly with a single use towel.

11. Use the towel to turn the tap off.

Your hands are now safe.

In a medical emergency call Triple Zero (000)

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