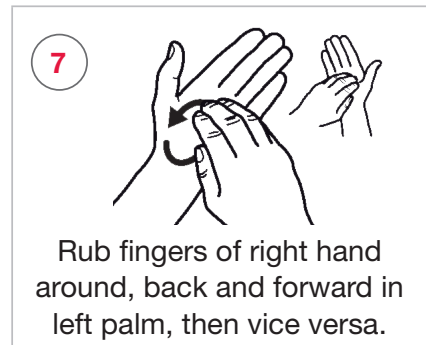
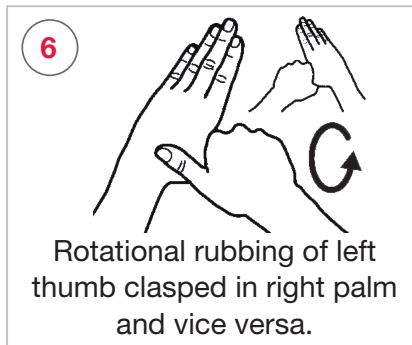
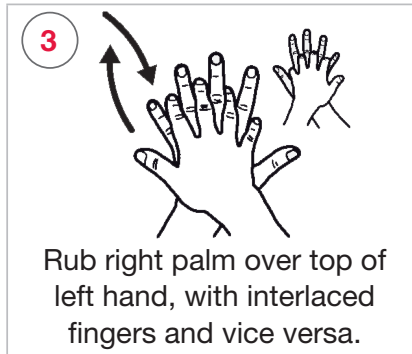
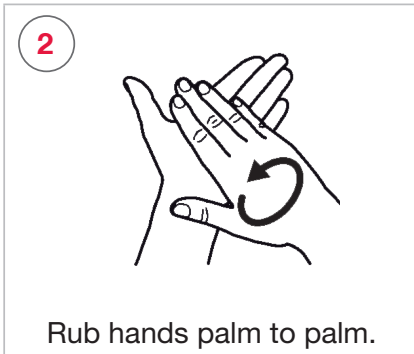
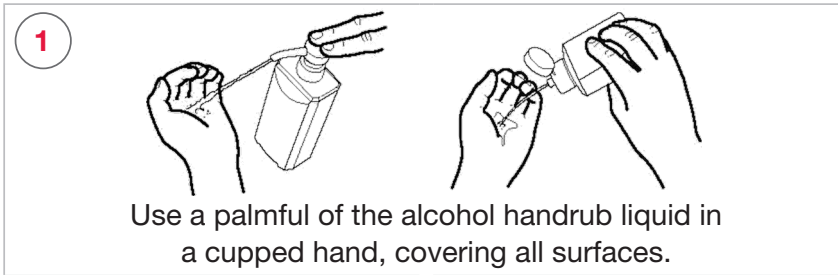


First aid fact sheet

How to handrub correctly

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

- Rub your hands with an alcohol handrub liquid for 20–30 seconds for hand hygiene.
- Wash your hands with soap and water when they are visibly dirty, for 40–60 seconds.



In a medical emergency **call Triple Zero (000)**

DRSABCD Danger ▶ Response ▶ Send for help ▶ Airway ▶ Breathing ▶ CPR ▶ Defibrillation

You could save a life with first aid training • www.stjohn.org.au • **1300 360 455**

THIS INFORMATION IS NOT A SUBSTITUTE FOR FIRST AID TRAINING. FORMAL INSTRUCTION IN RESUSCITATION IS ESSENTIAL. The DRSABCD action plan complies with the Australian Resuscitation Council's ANZCOR guideline 8: cardiopulmonary resuscitation, January 2016. St John Ambulance Australia is not liable for any damages or incidents that may occur in the use of this information by other parties or individuals. This is not for commercial distribution. © St John Ambulance Australia 2020.