

# Hand Hygiene

## Wash and disinfect your hands

### WHEN

- Beginning of your work
- After going to the toilet
- After contact with toxic or dirty substances
- After every break

### HOW

1. Wash your hands thoroughly and dry them well
2. Use soap dispensers
3. Apply, as shown, disinfectant on your hands and forearm
4. Allow **30 seconds** for the solution to take its effect
5. Let **DISINFECTED** hands and forearm **AIR DRY!!!**

