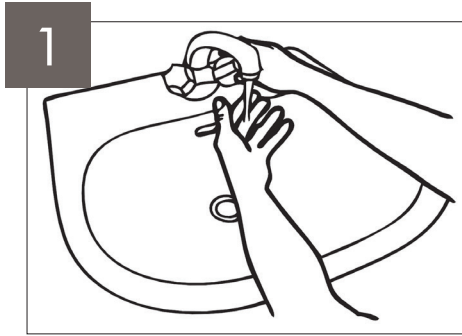
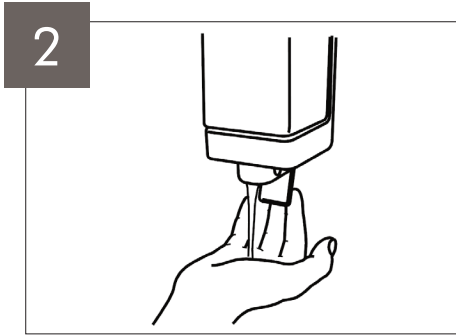


how to

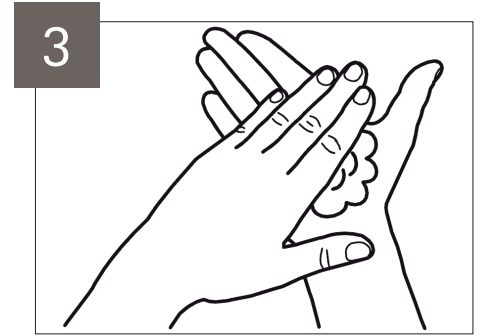
WASH HANDS



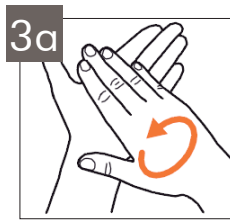
Wet hands with warm running water (between 38-45°C)



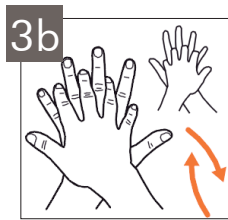
Apply soap to hands



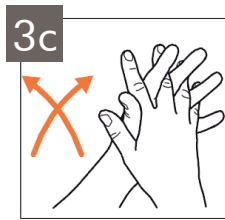
Lather soap and rub hands for at least 20 seconds, including:



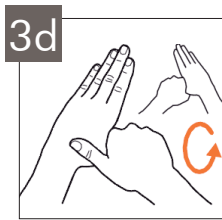
Palm to palm



Back of hands and forearm



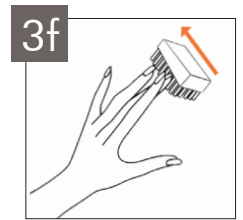
In between fingers and back of fingers



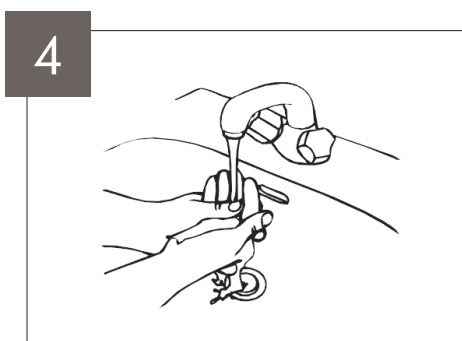
Around thumbs



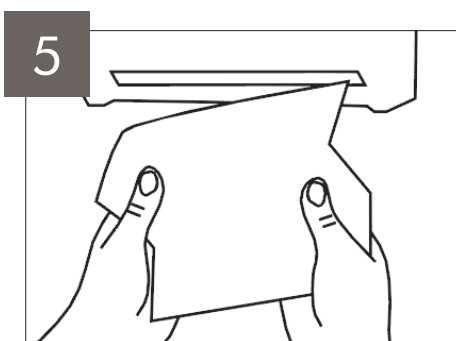
Tips of fingers



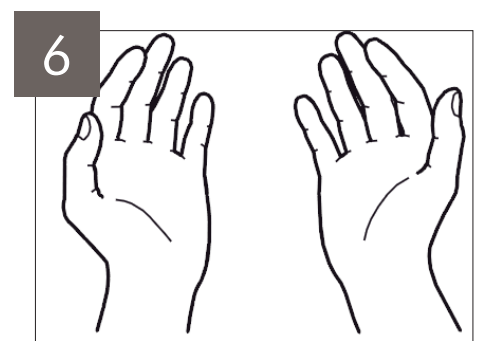
Scrub under fingernails



Rinse hands with warm running water (between 38-45°C)



Using paper towel, dry hands thoroughly



If sanitiser is available, apply generously and air dry



It should take no less than 30 seconds to wash your hands adequately

WHEN TO WASH YOUR HANDS

- Before handling food
- Before starting a shift
- Before and after returning from the bathroom
- Before and after preparation of food items
- After touching your hair or body
- After performing non-food tasks such as cleaning
- After eating, drinking or smoking
- After taking a break
- Upon entering the kitchen
- At least once per hour while on-the-job



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