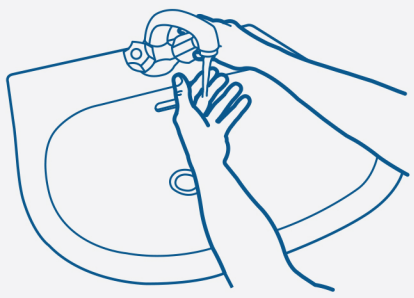
It’s all in your hands.

Wash your hands properly. Help stop the spread.

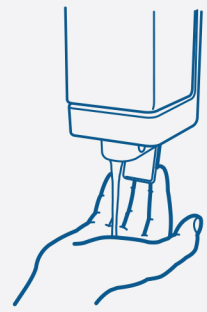
Duration of the entire procedure: **40-60 seconds**

1



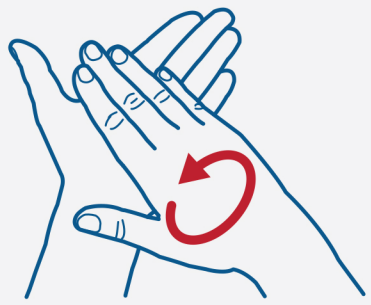
Wet hands with water

2



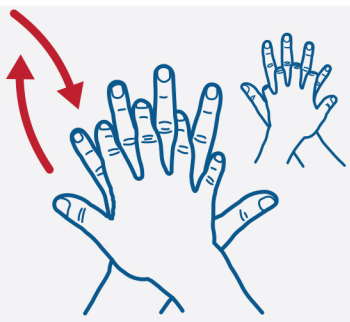
Apply enough soap to cover all hand surfaces

3



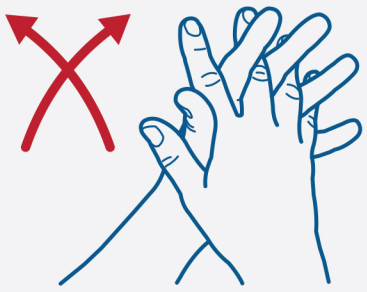
Rub hands palm to palm

4



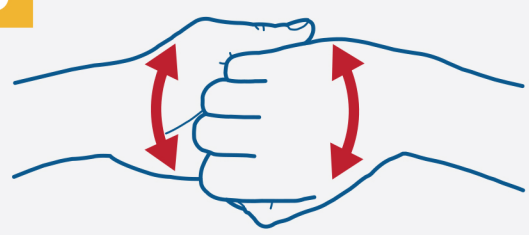
Right palm over left hand with interlaced fingers and vice versa

5



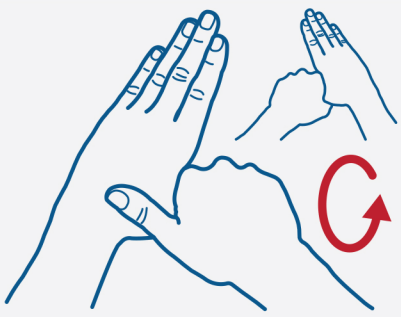
Palm to palm with fingers interlaced

6



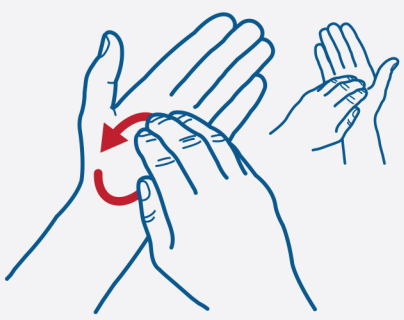
Backs of fingers to opposing palms with fingers interlocked

7



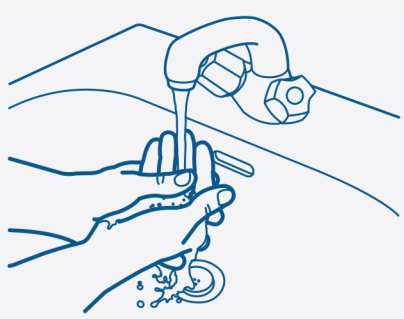
Rotational rubbing of left thumb clasped in right palm and vice versa

8



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

9

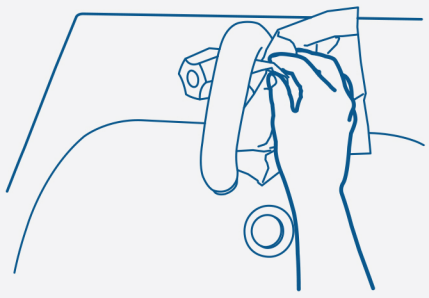


Rinse hands with water

10

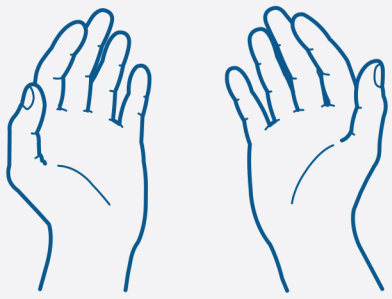
Dry hands thoroughly with a single use towel

11



Use towel to turn off faucet

12



Your hands are now safe

Revised: 1 January 2026

LOVRETA ESTATE

Workplace safety, health and hygiene: it’s up to all of us.