



Occupational **COVID-19**
Workplace Training Scheme
preparing our workforce



20 SECONDS

PRACTICE GOOD HAND HYGIENE

Ensuring thorough handwashing for **at least 20 seconds** with soap and water will help prevent the spread of germs. Follow these simple steps...



- 1.** Wet hands with water and then apply enough soap to form a good lather



- 2.** Rub your palms together



- 3.** Rub the backs of your hands with interlaced fingers



- 4.** Interlink your fingers palm to palm



- 5.** Cup your hands cleaning the backs of your fingers



- 6.** Clean your thumbs by clasp and rotating



- 7.** Rub the palms of your hands with your fingers



- 8.** Rinse hands with clean water



- 9.** Dry your hands thoroughly