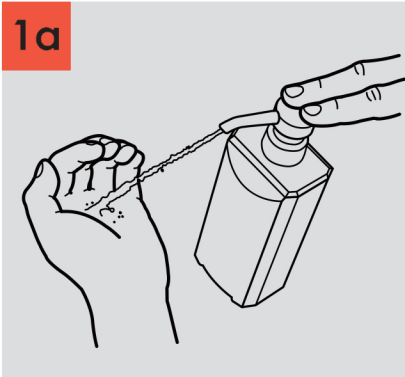


# Sanitise Your Hands

Follow these simple steps when sanitising your hands. Wash hands when visibly soiled.

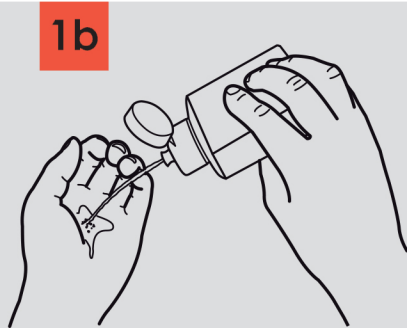
**Duration of the entire procedure: 20 - 30 seconds**

**1a**

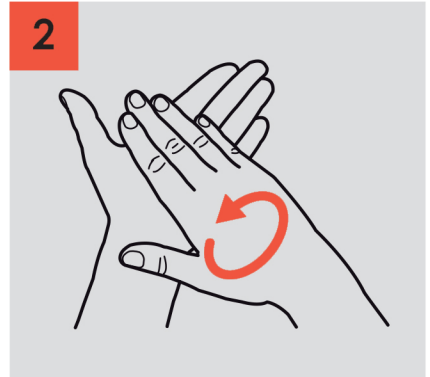


Apply a palmful of product in a cupped hand, covering all surfaces.

**1b**

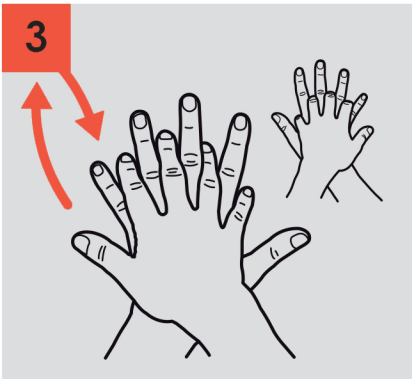


**2**



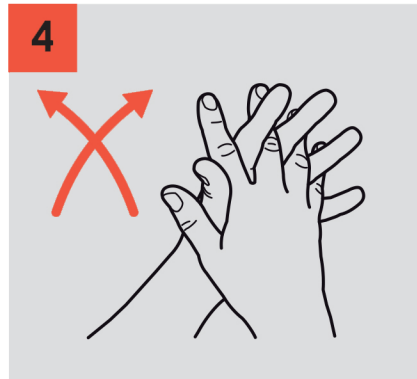
Rub hands palm to palm.

**3**



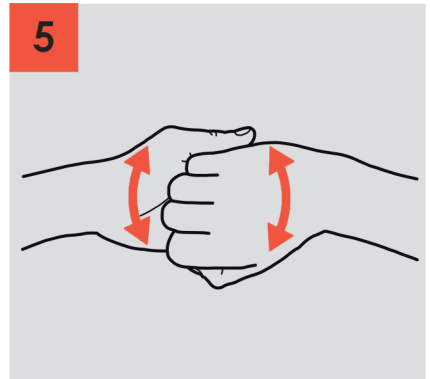
Right palm over left dorsum with interlaced fingers and vice versa.

**4**



Palm to palm with fingers interlaced.

**5**



Backs of fingers to opposing palms with fingers interlocked.

**6**



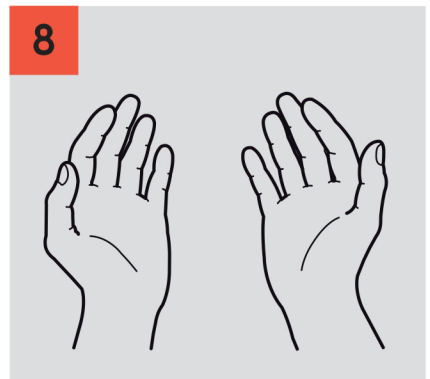
Rotational rubbing of left thumb clasped in right palm and vice versa.

**7**



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

**8**



Once dry, your hands are safe.