

How to Wash your Hands Properly

- Wet your hands and arms up to the elbows with warm water.
- Put a palmful of soap into your hands.
- Wash vigorously for at least 20 seconds. Make sure you clean between your fingers, clean your thumbs, the tops of your hands (as well as the palms) and above your wrist. The use of a nail brush is recommended.
- Rinse well – remove all traces of soap.
- Dry hands with a paper towel.
- Apply a hand sanitiser such as ToyGuard® Foaming Hand Sanitiser; rub lightly until dry. Do not use a towel to dry sanitiser.

TIPS:

- Do not use anti-bacterial soap – standard soap is quite sufficient.
- Spray or foaming soap systems use up to 20 times less soap minimising waste and keeping costs down.
- If you have sensitive skin avoid alcohol gel hand sanitisers.
- Download the ToyGuard® Hygiene Chart for Kids on hand washing to encourage children to wash their hands thoroughly too.