

Guide to washing your hands



1. Wet hands with water and add one pump of soap into your palm



2. Start creating a lather with your hands palm to palm



3. Rub your right palm over the top of your left hand and vice versa



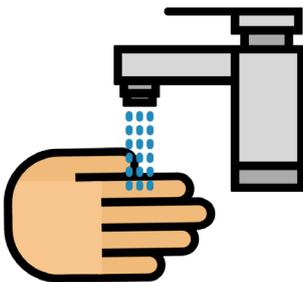
3. Rub the back of your fingers on your palm with fingers interlaced



4. Rub each thumb clasped in the fist of your other hand



5. Rub the tips of your fingers on the palm of your other hand



6. Rinse thoroughly. The whole process should take 20 seconds



7. Dry your hands with either an air dryer or a paper towel



8. Spray hand sanitiser as a final step. Rub thoroughly between palms

The simple act of washing your hands could potentially save 1500 Australians per year¹.

Our hands are germ harbourers, spreading from hand to hand and by contact with objects that have been coughed or sneezed on. If your business lacks the washroom hygiene essentials, we recommend calling Flick Anticimex at **1300 65 65 31** or visit flick-anticimex.com.au.

[1] A Lavelle (2017), 'Simple act of hand washing the best first defence against infection' *The Age*

Further prevent the spread of germs by also following these four tips:

1. Cover your mouth with a tissue when coughing or sneezing;
2. Avoid physical contact with others when sick;
3. Stay home when experiencing flu-like symptoms
4. Frequently clean touched surfaces and objects with disinfectant.