



Wash your Hands!



How to wash your hands

- 1 • If you are using soap and water: rinse your hands under running water and apply soap.
• If you are using hand gel: take 2 pumps of product.

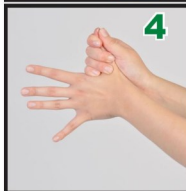
RUB HAND GEL OR SOAP FOR AT LEAST 20 SECONDS



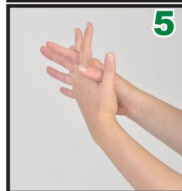
2 Rub soap or gel on your palms.



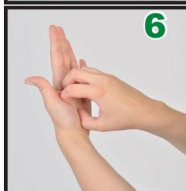
3 Rub your palms to the back of your hands. Make sure to get in between the webs of your fingers.



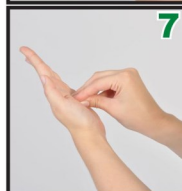
4 Clean both thumbs.



5 Clean in between your fingers by interlocking and rubbing your fingers together.



6 Clean your cuticles by rubbing them on your palms in a circular motion.



7 Clean your finger tips and under your nails by rubbing them on your palms in a circular motion.

- 8 • If you are using soap and water: rinse your hands under running water and pat hands dry with a paper towel. Use a clean paper towel to turn off taps and open the door.
• If you are using hand gel: continuously rub the product on your hands until it is completely dry.

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Wash your hands after touching any public surfaces such as doorknobs, or using a washroom. Keep yourself safe!



Saskatchewan Fencing Association