



Hand Hygiene Course

All you need to know about washing your hands, preventing the spread of germs and protecting your health and others

Name: _____

Did you wash them?

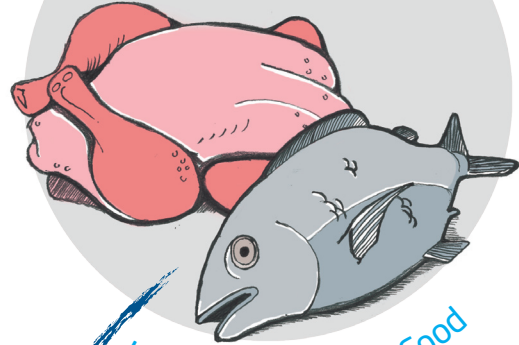
Hand washing stops the spread of germs.



How germs are spread



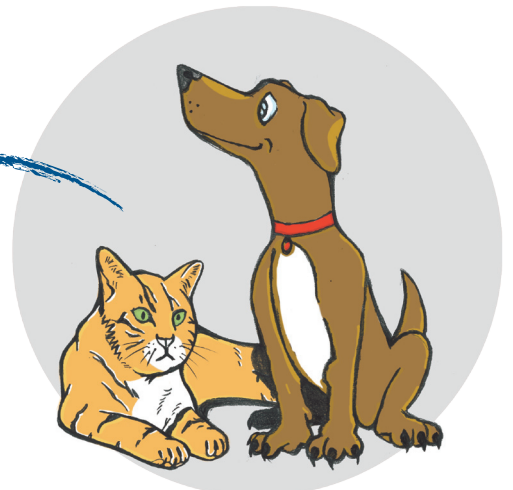
Sneezing or Coughing



Handling Uncooked Food



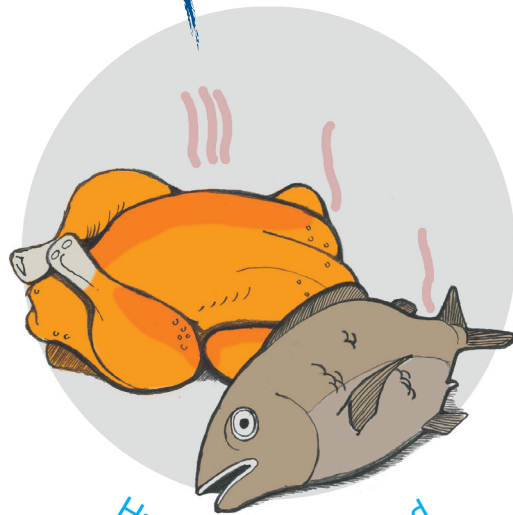
Shaking Hands



Touching Animals



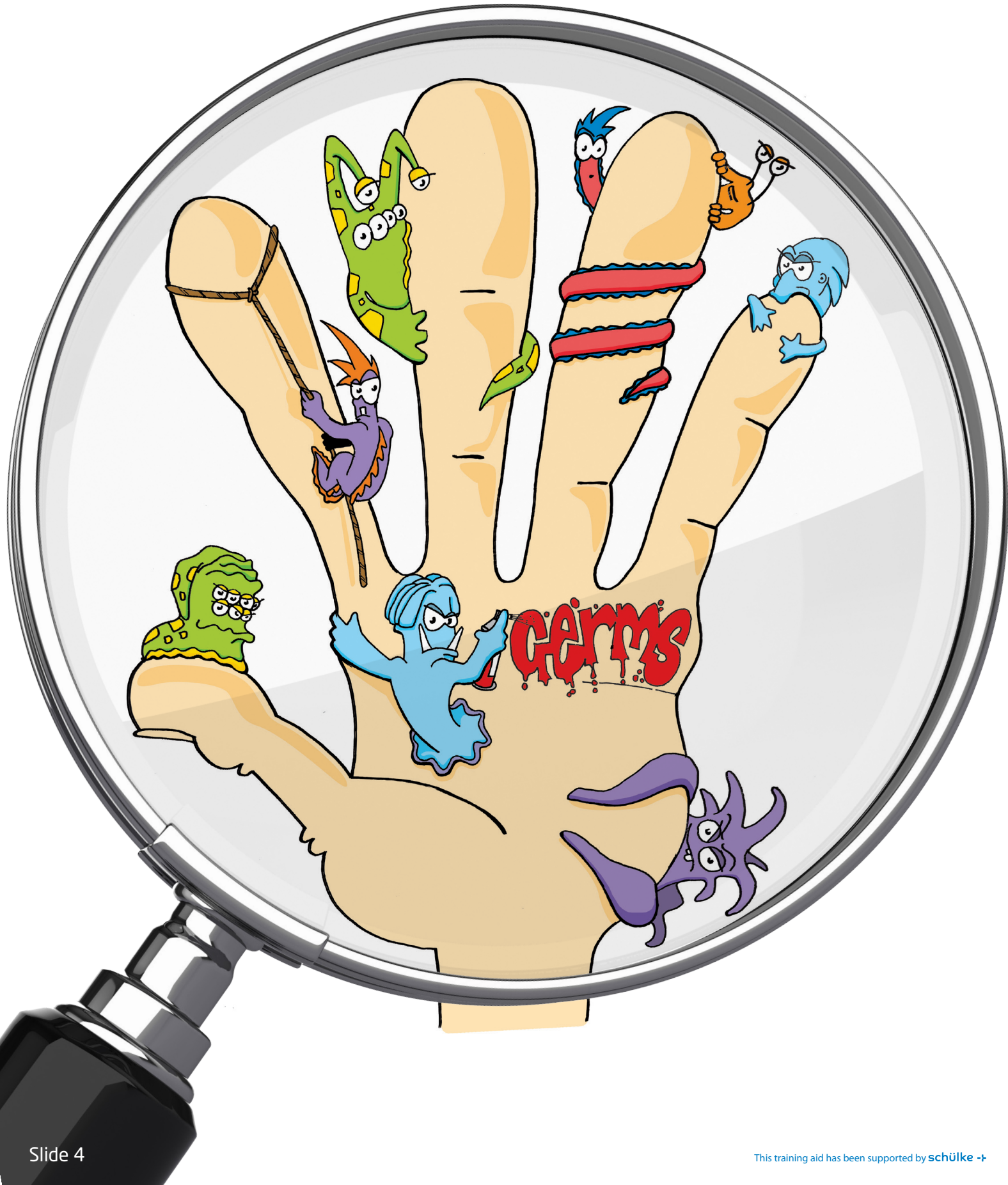
Rubbing Eyes



Handling Cooked Food

Germ Farm - Wash them!

Your hands may look clean but take a closer look.



What germs can do to your body

Germs can make you ill

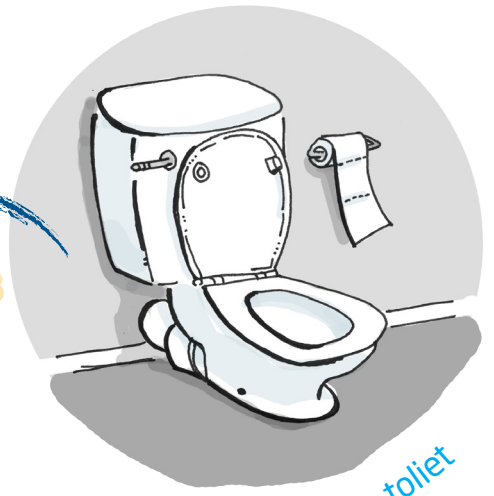
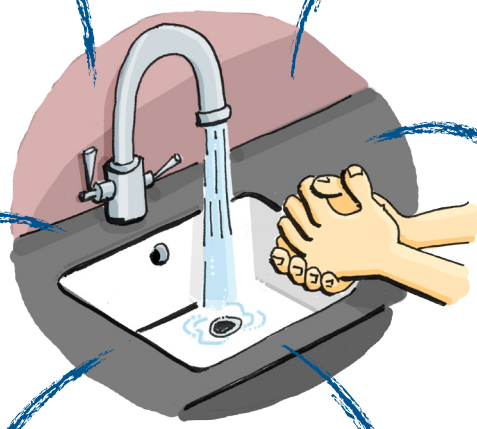


When should I wash my hands?

After sneezing or coughing



Before working with food



After using the toilet



If hands are visibly dirty



After touching animals



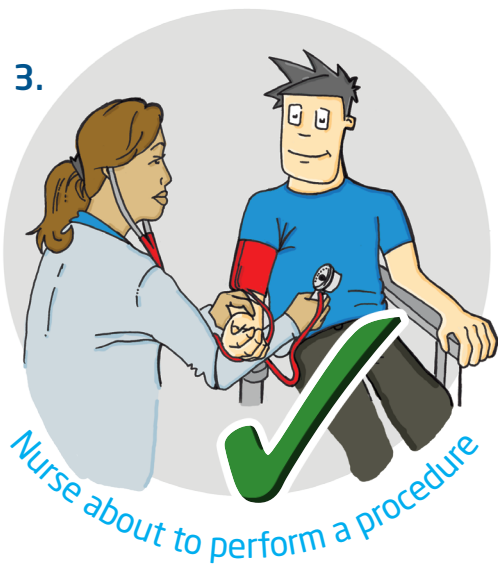
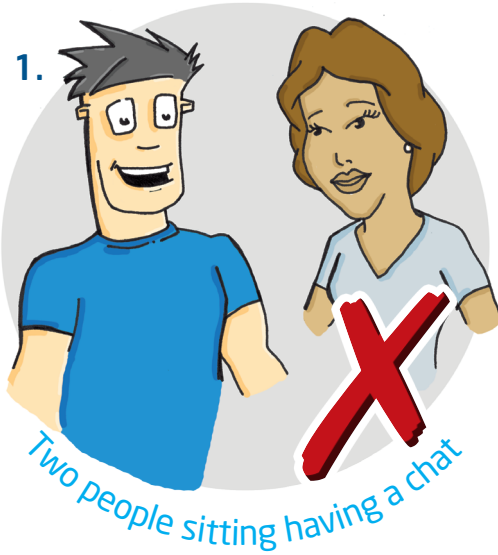
After gardening

Help Prevent Germs Keep Safe!

Ask people to wash their hands before helping you



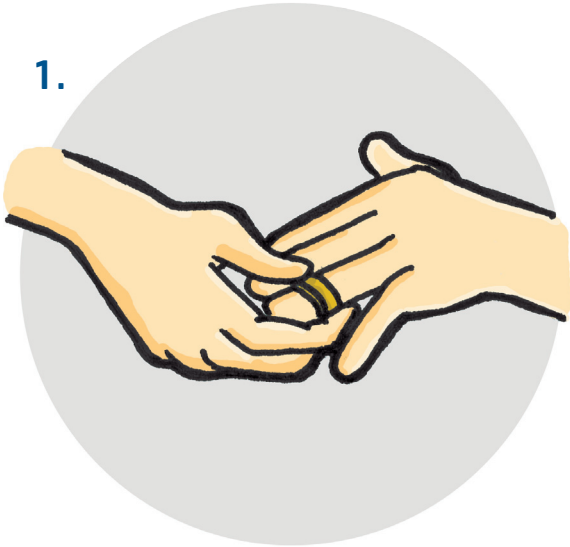
When should I ask other people to wash their hands?



Help Prevent Germs

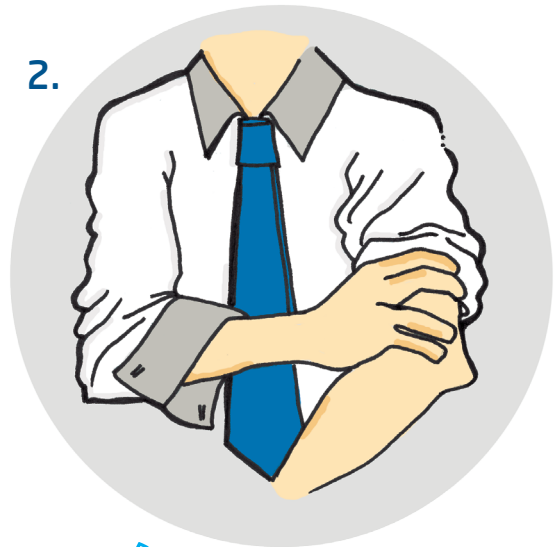
How to wash your hands properly

1.



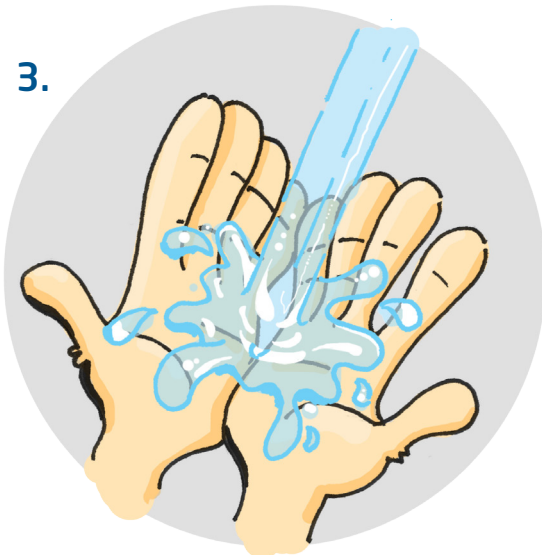
Take off Jewellery

2.



Roll up your sleeves

3.



Wet your hands

4.



Apply solution

Help Prevent Germs

How to wash your hands properly

5.



Scrub back of hands, wrists, between fingers & under fingernails

6.



Rinse your hands

7.



Turn off water lever using your elbow. When this is not possible use a paper towel to turn off the tap

8.



Dry with paper towel

Spot the Difference





Thank you!



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Certificate

has completed the
Hand Hygiene Course



Date completed

Course coordinator