

Wash your hands

to prevent the spread of germs, bacteria & viruses



1

Wet hands
and add soap



2

Scrub palm to palm and
palm to back of hand



3

Scrub between
fingers and your thumb



4

Scrub your fingertips into
your soapy palms



5

Rinse well



6

Dry hands completely
and shut tap off with paper towel

Scrub for a
full 15 seconds

That is a full song of the A,B,C's
or a full song of Happy Birthday.

wcb

Saskatchewan
Workers'
Compensation
Board

