



**Scottish
Water**

Always serving Scotland

Our bodies and water

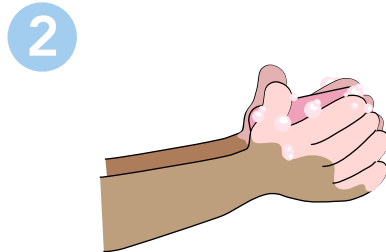
How do I wash my hands properly?

Washing your hands properly takes about as long as singing 'Happy Birthday' twice. Clean your hands using the images below.



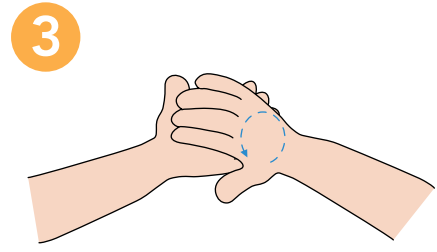
1

Wet your hands with water. Turn off the tap.



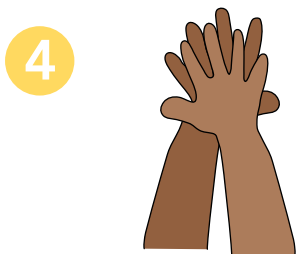
2

Apply enough soap to cover your hands.



3

Rub your hands together, palm to palm.



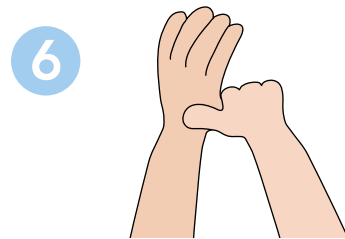
4

Scrub the backs of your hands, in between fingers and finger nails.



5

Clean the backs of your fingers with your fingers interlocked.



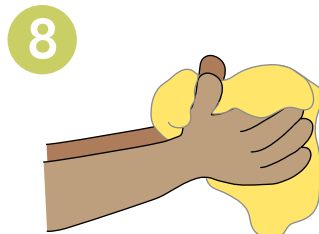
6

Rub your thumb in to your palm on each hand in turn.



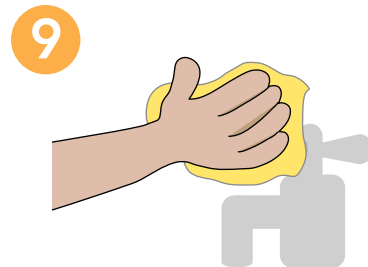
7

Rinse your hands well with water.



8

Dry your hands thoroughly with a single use towel.



9

Use the towel to turn the tap off.

Your hands are now clean