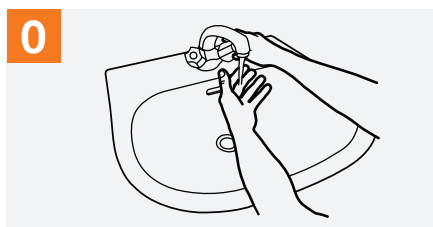


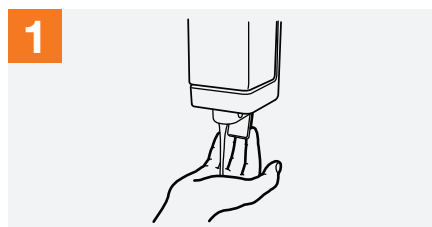
Handvask

MED SÅPE OG VATN

 Totalt 40-60 sekund



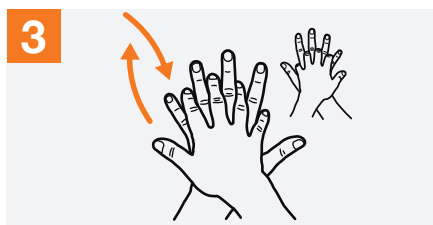
0 Fukt hendene med vatn.



1 Ta ein dose såpe frå dispensaren.



2 Gni handflatene mot kvarandre.



3 Gni handflate over handbak på begge hender inkludert mellom fingrane.



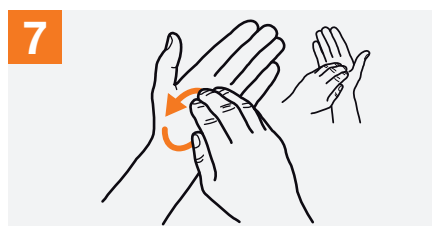
4 Gni handflatene mot kvarandre med fingrane fletta.



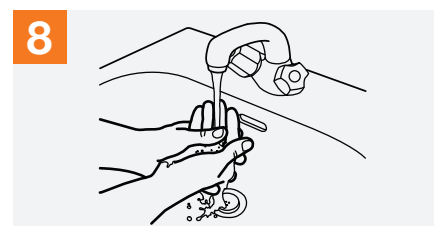
5 Hald fingrane tett saman og gni mot motsett handflate.



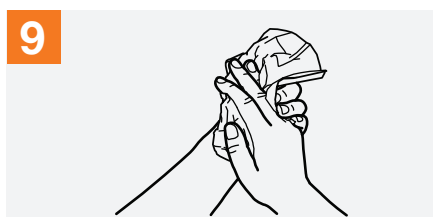
6 Grip rundt vestre tommel og gni med roterande rørsle, og tilsvarande høgre tommel.



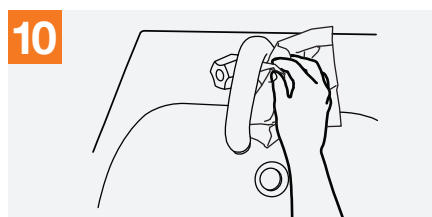
7 Legg fingrane i motsett handflate og gni med roterande rørsle. Tilsvarande andre handa.



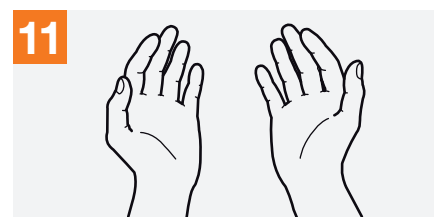
8 Skyll hendene under rennande vatn.



9 Tørk hendene grundig med tørkepapir.



10 Bruk tørkepapiret til å stenge att krana.



11 ...og du har reine hender