# HOW TO MASH YOUR MANDS 



Wet you hands under running water.


Apply soap and rub palms together to ensure complete coverage.

(5)

Grip the fingers on each hands


Dry your hands thoroughly with a clean towel or hand dryer.

Primary School
ESTํ 1869


Spread the lather over the black of hands.


Pay particular attention to the thumbs


Press fingertips into the palm of each hand.

