



How to Stop the Spread of Germs in the Workplace

Wash your hands often with soap and water!



- ◆ Before starting work
- ◆ After using the toilet
- ◆ After any work break
- ◆ Before putting on work gloves



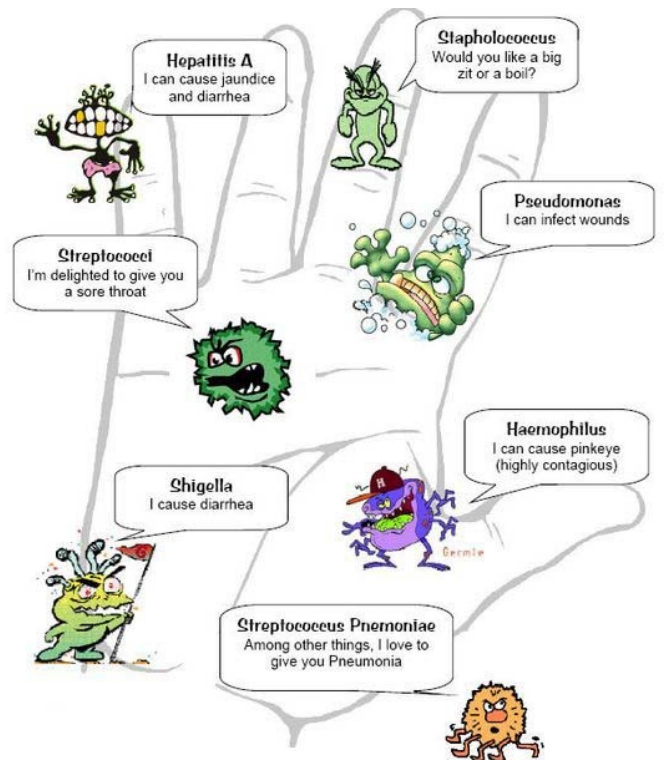
Germs spread easily. Always cover your nose and mouth when coughing or sneezing.



Germs can live for several hours on tissues. Dispose of used tissues immediately after use.

PROTECT YOUR FELLOW WORKERS

What GERMS Are On Your Hands?



Only 5% of people wash their hands correctly.

Make sure you're one of them.



1: Palms



2: Backs of the hands



3: Fingertips and fingernails



4: Between the fingers



5: Thumbs



6: Wrists



7: Rinse; return to step 1



8: Wipe with a towel

About twenty seconds