

TIPS TO MAINTAIN HEALTHY HANDS



- **WET HANDS BEFORE APPLYING HANDWASH PRODUCT**
To protect your skin and obtain a better wash
- **USE COOL TO WARM WATER, NOT HOT**
Hot water strips the natural oils from your skin and leads to dryness
- **APPLY ONLY THE RECOMMENDED DOSE OF PRODUCT**
Overuse of product requires more rinsing, which may lead to drying of the skin
- **RINSE HANDS WELL**
Product left on skin has a drying effect, especially under gloves
- **PAT HANDS DRY**
Friction from rubbing with paper towels may abrade skin
- **PROTECT YOUR SKIN AT HOME**
It is recommended to wear gloves when washing up and using cleaning products
- **APPLY MOISTURISING LOTION, RECOMMENDED BY THE HEALTHCARE FACILITY -
THROUGHOUT THE DAY**
Care for your hands at work