

Hands



Human hands can do different work

There are some rules for your hands

- You should wash hands before you meals
- You should wash hands after the use of the toilet
- You should soap your hands well
- You should when your rinse you hands with running water count to 60
- You should keep the nails short
- You should don't bite your nails .



BE 100% SURE

HOW TO WASH YOUR HANDS



Wet your hands
and apply liquid
handwash



Rub it on
your hands and
between your
fingers



Make sure to rub
it on the back of
your hands too



Don't forget
the back of your
fingers and thumbs



Remember
to clean your
fingernails as well



Finish off by soaping
your wrists before
rinsing the liquid
handwash off



Exercise

- This is a nurse with a thermometer in her hand



- Raise your hand when you want to speak at the lesson



- A nurse is holding a baby in her hand



- When you meet friend you shake hands

