

Don't infect, protect

Hand washing should take as long as singing 'Happy Birthday' twice!

1 Soap



Wet hands with water and apply enough soap to cover all hand surfaces

2 Palms



Rub hands palm to palm

3 Back of hands



Rub right palm over the top of the left hand with fingers interlocking and vice versa

4 Fingers



Rub palm to palm with fingers interlocked

5 Back of fingers



Rub backs of fingers to opposing palms

6 Thumbs



Rotational rub right thumb with left palm and vice versa

7 Fingernails



Rub fingernails in opposing palm and vice versa

8 Rinse



Rinse hands with water

9 Dry



Dry with a single use paper towel

Wash your hands effectively.

Dirty hands can spread disease: make sure you wash your hands regularly and ask others to do the same before handling your horse.

Alcohol based hand gels can be a useful addition but should not replace thorough hand washing.