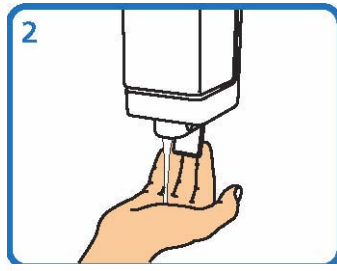


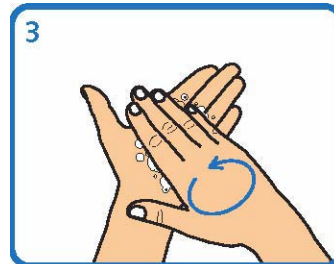
Técnica do lavado de mans con auga e xabón



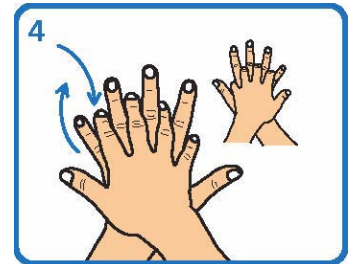
1 Humedecer as mans



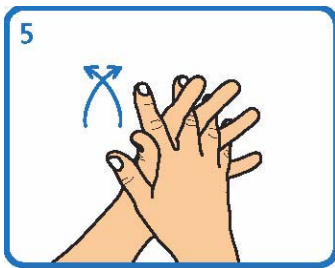
2 Aplicar suficiente xabón



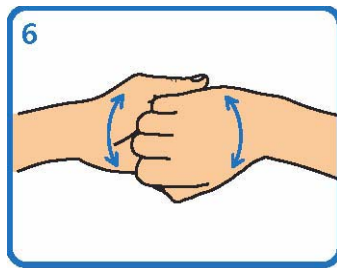
3 Fregar palma sobre palma



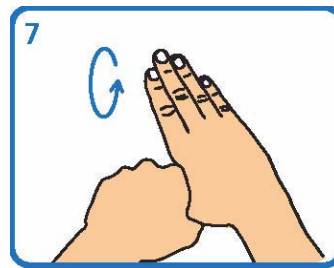
4 Fregar palma sobre dorso cos dedos entrelazados e viceversa



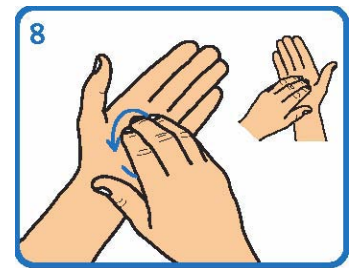
5 Fregar palma sobre palma cos dedos entrelazados



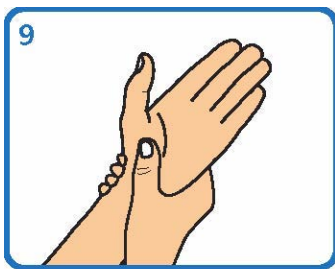
6 Fregar o dorso dos dedos sobre a palma oposta



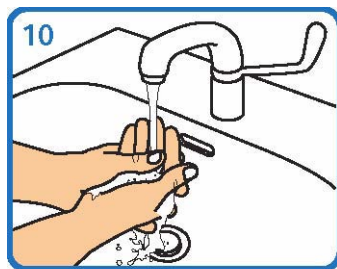
7 Fregar os polgares mediante un movemento rotatorio



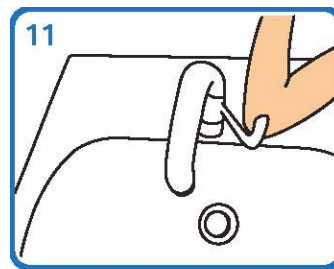
8 Fregar as xemas dos dedos sobre a palma da man contraria cun movemento circular



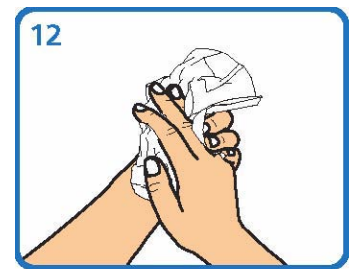
9 Fregar cada pulso coa man oposta



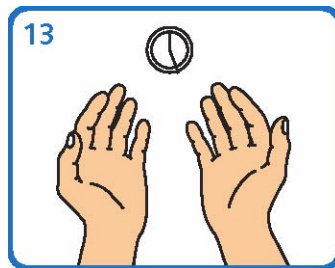
10 Aclarar con auga



11 Pechar a billa co cóbado ou ben cunha toalla desbotable



12 Secar cunha toalla de papel desbotable



13 Este proceso debe levar entre 40 e 60 seg