

# Handwashing



**Hands must be washed:**

- ◆ Before working
- ◆ Before preparing food
- ◆ After going to toilets
- ◆ After handling raw foods
- ◆ After licking fingers, coughing, sneezing, eating, drinking or smoking
- ◆ After touching ears, nose, hair, mouth or other bare body parts
- ◆ After touching pimples or sores
- ◆ After handling waste
- ◆ After carrying out cleaning duties
- ◆ After changing soiled clothes
- ◆ After handling animals
- ◆ After any other unhygienic practices

## HOW TO WASH YOUR HANDS



**A**

Wet hands with warm running water



**B**

Apply soap



**C**

Rub hands for 20 seconds  
(if necessary, use a nail brush to clean nails. However, the brush must be kept clean and sanitary.)



**D**

Rinse hands thoroughly



**E**

Dry hands with a paper towel  
(the paper towel can then be used to turn off the tap)



**F**

Turn off the tap with the paper towel

**IRCTC National Toll Free Number : 1800-111-139**



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**2009**