



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

ALL VISITORS

Pause!

Before entering or leaving patient areas

Protect!

Apply the hand sanitiser gel to the palm of your hands

Proceed!

Rub all over you hands and fingers until dry

HOW TO APPLY



1

Apply enough gel for a 20-30 second hand sanitise



2

Rub hands palm to palm



3

Rub back of each hand with palm of other hand with fingers interlaced



4

Rub palm to palm with fingers interlaced



5

Rub each thumb clasped in opposite hand using a rotational hand movement

Thank you for helping us to prevent the spread of germs.