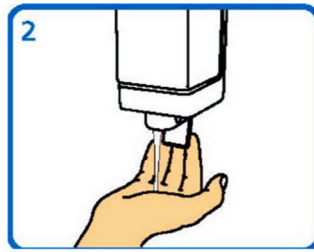


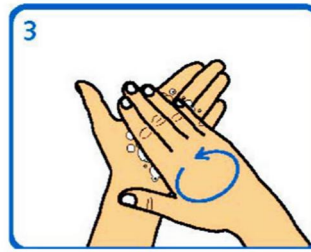
TÉCNICA DO LAVADO DE MANS CON AUGA E XABÓN



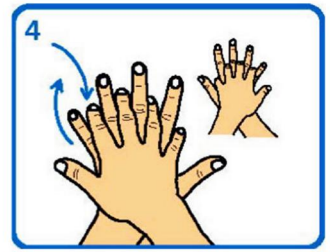
1 Humedecer as mans.



2 Aplicar suficiente xabón.



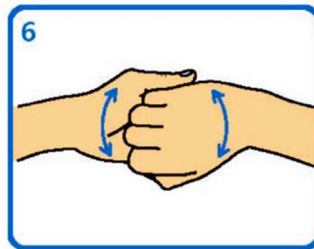
3 Fregar palma sobre palma.



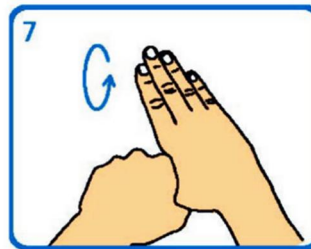
4 Fregar palma sobre dorso cos dedos entrelazados e viceversa.



5 Fregar palma sobre palma cos dedos entrelazados.



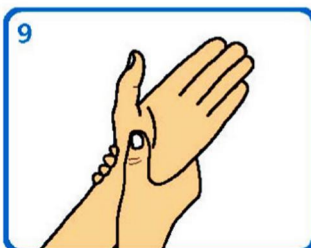
6 Fregar o dorso dos dedos sobre a palma oposta.



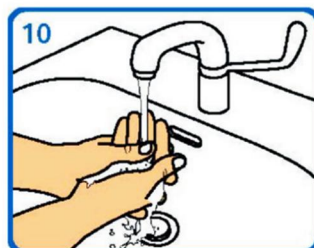
7 Fregar os polgares mediante un movemente rotatorio.



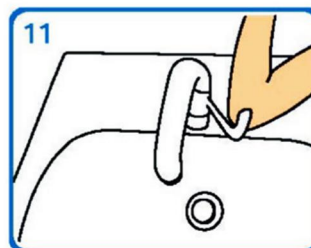
8 Fregar as xemas dos dedos sobre a palma da man contraria cun movemente circular.



9 Fregar cada pulso coa man oposta.



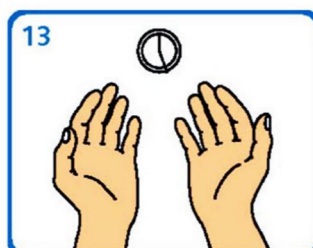
10 Aclarar con auga.



11 Pechar a billa co cóbado ou ben cunha toalla desbotable.



12 Secar cunha toalla de papel desbotable.



Este proceso debe levar entre 40 e 60 segundos.