

Wash Your Hands – Video Transcription

- Caption: Washing hands properly is child's play.
Surrey and Sussex Healthcare NHS Trust
And its 'little helpers'
Show you how
If they can do it
You can do it
- Boy 1: How to wash your hands
- Caption: Sleeves up!!
- Voiceover: Wet hands with water
Apply enough soap to cover all hand surfaces
Rub hands palm to palm
Right palm over the other hand with interlaced fingers
And vice versa
Palm to palm with fingers interlaced
Backs of fingers to opposing palms with fingers interlocked
Rotational rubbing of left thumb clasped in right palm
And vice versa
Rotational rubbing backwards and forwards with clasped fingers of right hand in left palm
And vice versa
Rinse hands with water
Dry thoroughly with towel
- Up to half of all men who go to the toilet don't wash their hands
- Girl: Nearly a quarter of all women don't wash their hands after they've been to the toilet
- Boy 2: We have between two and ten million bacteria between our fingertips and our elbow
- Boy 3: Hand washing is the single most important method of reducing the spread of infection
- Caption: Thank you to all the little 'SASH stars' and the Sunshine Day Nursery at Surrey and Sussex Healthcare NHS Trust who helped make this film
- Everyone: No more poo poo fingers, we've washed our hands, have you?
- Caption: For more information visit www.sash.nhs.uk