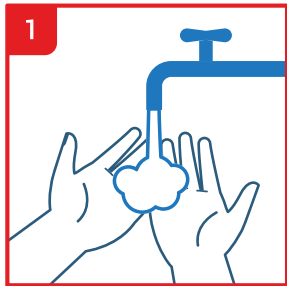


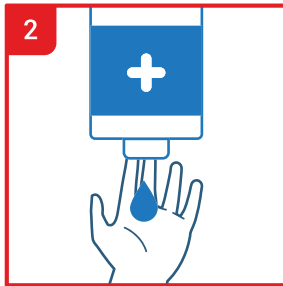


# KAKO PRATI RUKE

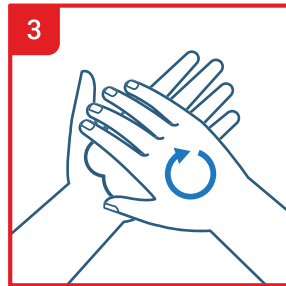
**Skinite sat i ostali nakit.**



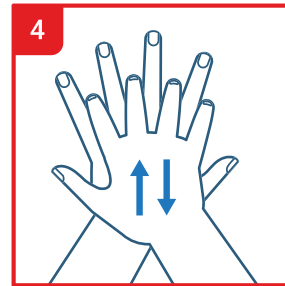
**1**  
**Pustite toplu vodu i namožite ruke.**



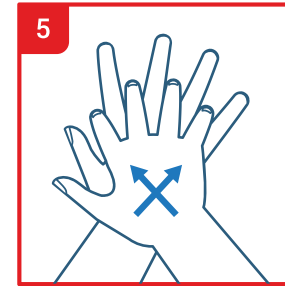
**2**  
**Nanesite sapun.**



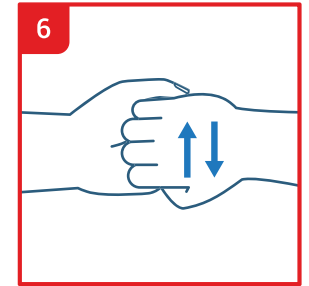
**3**  
**Trljajte dlanove.**



**4**  
**Isprepletite prste i trljajte između.**



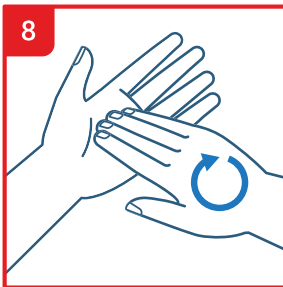
**5**  
**Trljajte kružnim pokretima između prstiju.**



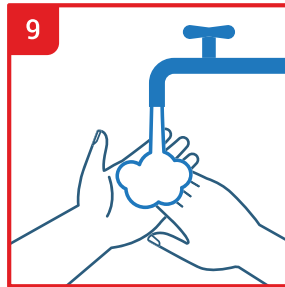
**6**  
**Prsti sklopljeni u šaku, položeni u dlan suprotne ruke.**



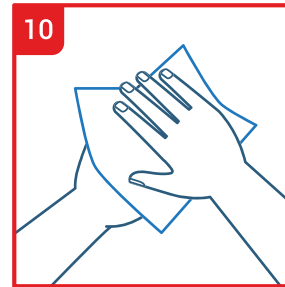
**7**  
**Kružnim kretnjama dlana perite palac.**



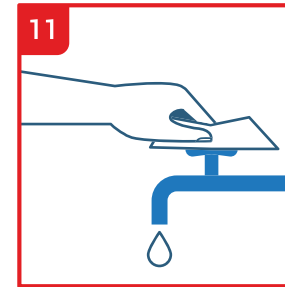
**8**  
**Kružnim kretnjama prstiju trljajte dlan.**



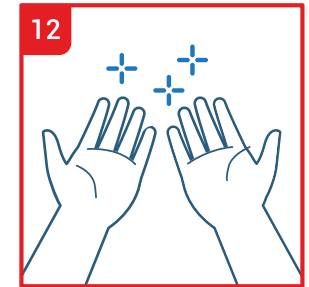
**9**  
**Trljajte zapešća i ručni zglob.**



**10**  
**Osušite ruke papirnatim ručnikom.**



**11**  
**Zatvorite slavinu papirnatim ručnikom.**



**12**  
**Ruke su čiste.**