

Zone 1

Entrance Station

- Please ensure that you have **COMPLETED YOUR SELF ASSESSMENT**, and are ready to use the Simulator.
- **VERBAL COMMANDS WILL BE GIVEN** by facilitator on how to proceed through each zone.
- **DO NOT** move between zones without the facilitator's direct command.
- **MAINTAIN 2M (6FT) MINIMUM SOCIAL DISTANCE** between people while inside the training facility.

Zone 2/4

Cleaning Station

Please ensure that your **HANDS AND FACE HAVE BEEN WASHED BEFORE AND AFTER USING THE SIMULATOR**, please refer to the [Handwashing Guide Zone Card](#)

IF YOU STILL NEED TO COMPLETE YOUR TRAINING:

- 1 Put on the supplied gloves and face mask.
- 2 Wait for the facilitator's **VERBAL COMMANDS** to proceed to the next station.

WHEN YOUR TRAINING IS COMPLETE:

- 1 Safely dispose of the gloves and mask in a proper waste receptacle.
- 2 Wash hands and face following the guide.
- 3 Wait for the Facilitator's **VERBAL COMMANDS** to exit the facility.

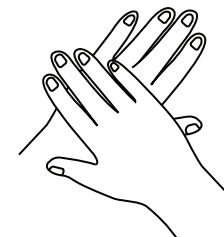
Zone 2/4

Handwashing Guide

- 1 Wet your hands with warm water.
- 2 Apply enough soap for a proper lather.
- 3 Wash your hands thoroughly for 20 seconds.
- 4 Rinse well under warm water.
- 5 Dry hands with a disposable paper towel.
- 6 Turn off the tap using another disposable towel.

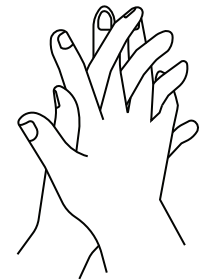
MAKE SURE TO WASH THESE AREAS PROPERLY:

A



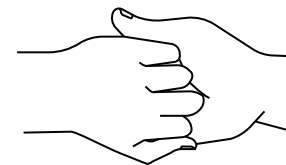
Palm and back
of each hand

B



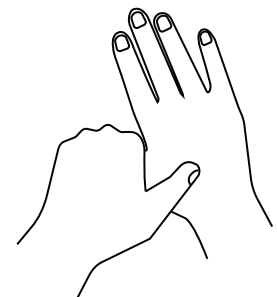
Between fingers

C



Under nails

D



Thumbs