

Sut i olchi'ch dwylo

How to wash your hands

1.



Gwlychwch eich dwylo
Wet your hands

2.



Defnyddiwch sebon
gan greu swigod
Use soap and make a lather

3.



Rhwbiwch gledrau'ch
dwylo gyda'i gilydd
Rub palms together

4.



Rhwbiwch gefn y ddwy law
Rub the back of both hands

5.



Rhwbiwch rhwng y bysedd
Rub between your fingers

6.



Golchwch eich bodiau
Wash your thumbs

7.



Rhwbiwch flaenau'ch bysedd ar
gledrau'ch dwylo
Rub fingertips on your palms

8.



Golchwch eich arddyrnau
Wash your wrists

9.



Sychwch eich dwylo'n dda
Dry your hands well

Sbarc



Gwasanaeth Tân ac Achub
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Gwasanaeth Tân ac Achub
Canolbarth a Gogledd Cymru
Mid and West Wales
Fire and Rescue Service



Gwasanaeth Tân ac Achub
De Cymru
South Wales
Fire and Rescue Service

