

PROPER HAND WASHING

PROTECT YOURSELF & YOUR COWORKERS!

“Hand washing is the single most important means of preventing the spread of infection”

- U.S. Center for Disease Control (CDC)



- **Predispense paper towel from the dispenser, turn water on, wet your hands and wrists with warm running water.**
- **Use soap. Work soap into a lather and don't forget to lather well beyond your wrists.**
- **Rub together all surfaces of the lathered hands for 15 to 20 seconds.**
Don't forget to wash up your wrists, palms, back of hands, fingers (under rings), around cuticles and under fingernails.
Friction helps remove dirt and microorganisms.
- **Thoroughly rinse under a screen of water.**
Running water carries away dirt and microorganisms and washes them down the drain.
Keep hands and fingers pointed down so water and contamination don't drip down the elbows.
- **Dry hands completely with a clean paper towel or a hand air dryer.**
It is important to make sure hands are completely dry.
- **Use a clean, dry paper towel to turn the faucet off.**
- **If the restroom door has a handle, use a clean paper towel to open the door.**
- **When it is not possible to use a hand washing facility, use an appropriate hand sanitizer or hand sanitizer towel.**



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