

HandWashing



1. Wet hands and wrists.



2. Dispense enough soap.



3. Rub hands palm to palm.



4. Rub right palm over top of left hand with interlaced fingers. Repeat with opposite hand.



5. Rub palms together with fingers interlaced.



6. Rub backs of fingers to opposing palms with fingers interlocked.



7. Rotate rubbing the left thumb clasped in the right palm. Repeat with opposite hand.



8. Rotate rubbing, backwards and forwards with clasped fingers of your right hand in your left palm. Repeat with opposite hand.



9. Rinse hands thoroughly with running water.



10. Dry hands completely with a clean or disposable towel.



11. Turn off faucet with towel.



12. Total process should take 40 to 60 seconds.

Sanitizing Your Hands

Hand sanitizer should not be a substitute for hand washing. Alcohol can kill germs, but it cannot remove soil.



1. Dispense enough sanitizer to cover both hands and wrists.



2. Apply evenly by following steps three to seven of hand washing.

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