

★ ★ ★ PROPER HAND WASHING PROCEDURE

HAND WASHING PROTECTS HEALTH AND PREVENTS DISEASE

“Hand washing is the single most important means of preventing the spread of infection”
—United States Centers for Disease Control and Prevention

Remember to
Wash Your Hands



Use warm running
water with soap

1. Wet



Wet your
hands first

2. Soap



Use soap,
preferably
anti-bacterial

3. Soap/Lather



Lather well
beyond your
wrists

WHEN SHOULD HANDS BE WASHED?

- After touching ears, nose, mouth, hair.
- After contact with infected or otherwise unsanitary areas of the body.
- After use of handkerchief or tissue.
- After hand contact with unclean equipment or work surfaces.
- After hand contact with soiled clothing, shop rags or any other material that is soiled.
- After handling raw food or partially cooked meat or poultry.
- After handling money.
- Before and after eating.
- After using the restroom.

Wash hands as
frequently as they are
thought to need it.

4. Wash



Work all surfaces
thoroughly, including wrists,
palms, back of hands,
fingers and under
fingernails—Rub hands
together for at least 15-20
seconds.

5. Rinse



Thoroughly rinse with
clean water. Be sure not
to touch the side of the
sink.

6. Dry



Dry hands completely.
Use towel to turn off
water and protect
hands from resoiling.

Hand Washing Facts:

Fact #1 Only 68% of the population washes their hands after using the restroom.

Fact #2 Nosocomial infection (infections caught while in a health care facility) contributes to 100,000 deaths a year. One of the major reasons is the breakdown of hand washing.

Fact #3 Food poisoning causes 9,000 deaths a year. The key to food protection is hand washing!