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.

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.

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

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!