

General Hand Washing Procedures



1

Remove all jewelry.*

2

Turn on warm water.



3

Wet your hands. Keep fingertips pointed down.

4

Apply soap from dispenser.



5

Rub hands together (10-15 s), creating a lather.

6

Pay particular attention to areas between your fingers.



7

Rub fingernails against palm of opposite hand. Clean nails with brush if soiled.

8

Rinse hands from the wrist to fingertips. Keep fingers pointed down.



9

Dry hands with a paper towel.

10

Use a clean, dry paper towel to turn off faucet. Do not touch faucet with your hand.



11

Discard paper towel.

Alcohol Hand Rub

When using alcohol hand rub, follow steps 1, 4 (applying alcohol hand rub, rather than soap), 5, 6, & 7. Allow hands to air dry.

* It is preferable not to wear jewelry to work.