

HAND WASHING

When to wash hands:

- AFTER PROVIDING FIRST AID CARE
- IMMEDIATELY AFTER BEING EXPOSED TO CONTAMINANTS, SUCH AS BLOOD OR OTHER BODY FLUIDS
- AFTER USING THE RESTROOM
- BEFORE AND AFTER HANDLING FOOD

To ensure you wash your hands correctly, follow these steps:

1 WET HANDS WITH WARM WATER

2 APPLY SOAP AND WASH HANDS FOR AT LEAST 15 SECONDS

Rub hands vigorously, covering all surfaces of the hands, giving added attention to fingernails and jewelry.

- Use liquid soap and warm running water.
- Scrub nails by rubbing them against the palms.



3 RINSE HANDS WITH WATER



4 DRY HANDS THOROUGHLY WITH A PAPER TOWEL

5 TURN OFF FAUCET USING THE PAPER TOWEL



TIP: Use alcohol-based hand sanitizers when soap and running water are not available.

