

## Hand washing Procedures

Rubbing hands together under running water is the most important part of washing away infectious germs. Pre-moistened towelettes, hand sanitizer or wipes are NOT a substitute for washing hands and should only be used when not within reach of running water.

### When to wash hands

- upon arrival at work
- before and after eating
- after visiting animals
- before and after administering first aid
- after bathroom use
- whenever hands are visibly dirty
- anytime you want
- OFTEN!

### Procedure for hand washing

- Always use warm running water. Hot water temperature should not be more than 120°
- Wet both hands and wrists before applying soap
- Apply liquid (a dime to quarter size) to palms. Do not use bar soap – it can carry germs.
- Lather well and spread lather to the back of the hands and wrists
- Scrub for at least 15 seconds, paying careful attention to fingernails, between fingers and around tops and palms of hands. Sing 'Old MacDonald had a farm and on that farm he washed his hands.'
- Rinse hands and wrists well under running water to remove all soap. Leave water running while drying hands.
- Dry completely, using a paper towel.
- Use the towel to turn off the faucet (if applicable). This avoids contamination of clean hands.
- Throw the paper towel away in the trash can.
- When helping a child wash their hands, assist the child to wash their hands and then wash your own hands.
- Infants should be held so hands hang freely under running water.

