

# ★ ★ ★ 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!