

## 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." -U.S. Center for Disease Control

Remember to Wash Hands

Use warm running water and soap.



#### 1. Wet

Wet hands first



#### 3. Soap/Lather

Lather well beyond wrist.



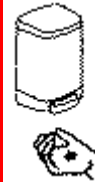
#### 5. Rinse

Thoroughly rinse with clean water. Be sure not to touch side of sink.

#### WHEN SHOULD HANDS BE WASHED?

- \* After touching ears, nose, mouth, hair.
- \* Any contact with infected or otherwise unsanitary areas of the body.
- \* After use of handkerchief or tissue.
- \* Hand contact with unclean equipment or work surfaces.
- \* Hand contact with soiled clothing, shop rags, or any other material that is soiled.
- \* Handling raw food - partially cooked meat or poultry.
- \* Handling money.
- \* Eating
- \* After using the restroom.

As frequent as hands are thought to need it.



#### 2. Soap

Use soap preferably anti-bacterial.



#### 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.



#### 6. Dry

Dry hands completely use towel to turn off water and protect hands from resoiling.



#### Hand Washing Facts:

**Fact #1** 68% of the population washes their hands after using the restroom.

**Fact #2** Nosocomial infection (infections caught while in health care facilities) contribute to 100,000 deaths annually. One of the major reasons is the *breakdown of the hand washings*.

**Fact #3** Food poisoning cause 9,000 deaths annually. *The key to food protection is hand washing!*