



## HAND WASHING



- Hand washing is the single most effective way to prevent the spread of infections.
- Wash your hands often and thoroughly, paying special attention to the area around and under your fingernails.
- Wash Hands:
  - When arriving to work.
  - Before and after eating.
  - After using the restroom.
  - After removing gloves.
  - Before leaving work at the end of the day.
- Gloves are not a substitute for routine hand washing - rather an added protection.

## HAND WASHING STEPS

**START** → 

1. Wet hands
2. Soap (20 seconds) 
3. Scrub backs of hands, wrists, between fingers, under fingernails. 
4. Rinse 
5. Towel dry 
6. Turn off taps with towel 