

6

CRITICAL STEPS TO

CLEAN HANDS



Wet hands & forearms.

1

Use running water as hot as you can stand it. It should be at least 100°F (38°C).



Apply soap.

2

Use enough soap to build up a good lather.



Scrub for 10-15 seconds.

3

Scrub hands and forearms for 10-15 seconds. Be sure to scrub under your fingernails and between your fingers.



Rinse.

4

Rinse hands and arms using warm water.



Dry hands.

5

Dry hands and arms with a single-use paper towel or hand dryer.



Use a paper towel to turn off the sink.

6

By using the paper towel to turn the faucet, you will prevent your hands from getting re-contaminated.