



Hanford Occupational Health Services

# Hand Washing

# Objectives

- ◆ **Why** should you wash/clean your hands?
- ◆ **When** should you wash/clean your hands?
- ◆ **What** you should use?
- ◆ **How** should I wash my hands?



## Why should you clean your hands?

- ◆ Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.



## When should you clean your hands?

- ◆ Before preparing or eating food
- ◆ After going to the bathroom
- ◆ After changing diapers
- ◆ Before and after tending to someone who is sick
- ◆ After blowing your nose, coughing, or sneezing
- ◆ After handling an animal or animal waste
- ◆ After handling garbage
- ◆ Before and after treating a cut or wound



## What you should use?

- ◆ Alcohol based hand sanitizer
- ◆ Plain soap
- ◆ Antimicrobial soap



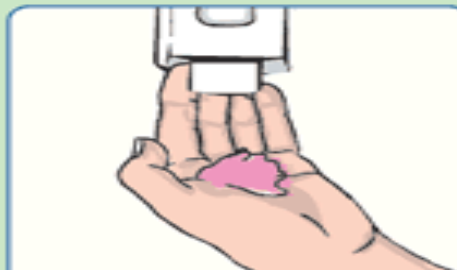
# How should I wash my hands?

- Wet hands with clean warm water and apply soap.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15 seconds.
- Rinse hands well under water.
- Dry your hands using a paper towel or air dryer.
- Use paper towel to turn off the faucet and open door when exiting bathroom.

## FIGHT GERMS BY WASHING YOUR HANDS!



**1** Wet your hands



**2** Soap



**3** Lather and scrub - 20 sec



**4** Rinse - 10 sec



**5** Turn off tap



**6** Dry your hands

### DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

## For More Information on Hand Washing

- ◆ <http://www.cdc.gov/handwashing/>
- ◆ <http://www.cleanhandscoalition.org/>



**Hand Washing Map:** Red areas are those that are most frequently missed when hand washing, purple less so.