

HANDWASHING PROCEDURE

1. Turn water on. Check to make sure that the water is at a comfortable temperature and disposable paper towels are available.
2. Moisten hands under water and apply a heavy lather of liquid soap.
3. Lather and wash hands for 15 to 20 seconds. Scrub the front and back of your hands up to your wrists, between your fingers, and under your nails.
4. Rinse your hands under the running water. Allow the water to run from your wrists to your fingertips.
5. Dry your hands with disposable paper towels.
6. Turn water off by grasping faucet handles with the paper towels you used to dry your hands. Dispose of the paper towels in the trash can.
7. Apply antibacterial hand lotion to prevent cracking and chapping of hands. Dry, cracked hands allow a portal of entry for germs that can cause diseases.

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