



## HANDWASHING PROCEDURE

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- 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. 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 towel in the trash can.**
- 7. Apply hand lotion to prevent cracking and chapping of hands. Dry, cracked hands allow a port of entry for germs and diseases.**