

# 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

**START** →



1. Wet hands



6. Turn off taps with towel



5. Towel dry

# HAND WASHING STEPS



2. Soap  
(20 seconds)



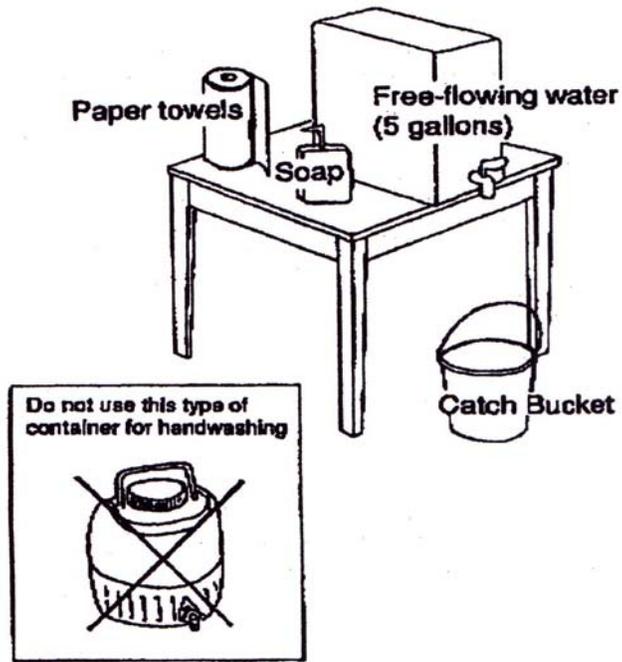
3. Scrub backs of hands, wrists, between fingers, under fingernails.



4. Rinse

**Correct Outdoor Hand Washing Setup**

### Correct Handwashing Set-up



OR

### POSSIBLE HANDWASHING SET-UPS

