Cleaning vs. Sanitizing

What is the difference and why does it matter?

• **Cleaning**: Physical removal of dirt (soil) from surfaces which can include the use of clean water and detergent
• **Sanitizing**: Treatment of a cleaned surface to reduce or eliminate microorganisms

Important point: You cannot sanitize a dirty surface. Cleaning always comes first!

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When Must Hands Be Washed?

- After using the toilet
- Before starting or returning to work
- Before and after eating and smoking
- Before putting on gloves
- After touching animals or animal waste
- Any other time hands may become contaminated

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**Proper Handwashing**

1. Wet hands with water.
2. Apply soap and lather. Be sure to wash the front and backs of hands as well as in between fingers. Rub hands together for AT LEAST 20 seconds.
3. Rinse hands thoroughly with clean water.
4. Dry with a paper towel (turn off faucet with used towel).
5. Throw the paper towel in a trash can.

*Antibacterial hand sanitizers CANNOT replace handwashing*