



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

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