

A Guide to Proper Handwashing Techniques

1. **REMOVE** rings, bracelets, and watch. **WET** hands and wrists in warm, running water.
2. **APPLY** liquid soap or clean bar soap. **LATHER** well.
3. **RUB** hands vigorously for at least 20 seconds.



4. **SCRUB** fingertips, in between fingers, around fingers, the back of hands and wrists.
5. **RINSE** hands and wrists under running water.
6. **DRY** hands well with clean cloth or paper towel.

IF WASHING HANDS IN A PUBLIC RESTROOM, RINSE HANDS AND LEAVE THE TAP RUNNING. USE TOWEL TO TURN OFF FAUCET AFTER DRYING HANDS.

DISINFECTING WITH HAND SANITIZER

1. **APPLY** sanitizer to open palm.
2. **RUB** hands together, palm to palm. Spread evenly.
3. **Make sure to rub** finger-tips, in between fingers, back of hands and wrists.
4. **Keep rubbing** until hands are dry.

YOU SHOULD WASH YOUR HANDS

BEFORE AND AFTER

- **Eating**
- **Preparing food**

AFTER

- **Using the washroom**
- **Handling garbage**
- **Being around sick people**
- **Hauling cable**
- **Touching animals, toxic chemicals, or anything that has been on the ground**

REMEMBER to COUGH and SNEEZE

INTO THE CORNER OF YOUR ARM...
NOT YOUR HANDS.