

General Hand Washing Procedures



1

Remove all jewelry.*

2

Turn on warm water.

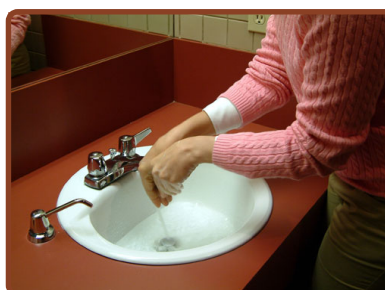


3

Wet your hands. Keep fingertips pointed down.

4

Apply soap from dispenser.

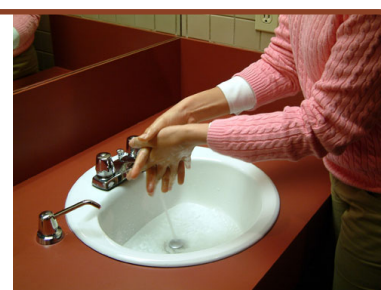


5

Rub hands together (10-15 s), creating a lather.

6

Pay particular attention to areas between your fingers.



7

Rub fingernails against palm of opposite hand. Clean nails with brush if soiled.

8

Rinse hands from the wrist to fingertips. Keep fingers pointed down.

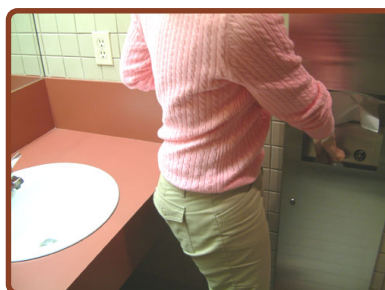


9

Dry hands with a paper towel.

10

Use a clean, dry paper towel to turn off faucet. Do not touch faucet with your hand.



11

Discard paper towel.

Alcohol Hand Rub

When using alcohol hand rub, follow steps 1, 4 (applying alcohol hand rub, rather than soap), 5, 6, & 7. Allow hands to air dry.

* It is preferable not to wear jewelry to work. However, remember to put jewelry back on after Step 11.



Occupational Health and Safety Agency for Healthcare in BC
 #301 - 1195 West Broadway, Vancouver, BC V6H 3X5
 Ph: 604.775.4034 Toll free: 1.800.359.6612 Fax: 604.775.4031 Web: www.ohsah.bc.ca