

STOP CLEAN YOUR HANDS

HELP KEEP YOURSELF AND YOUR CO-WORKERS HEALTHY

STEPS TO HAND WASHING



1 WET HANDS

Remove jewellery and watch. Wet hands with warm water.



2 SOAP

Be sure to use enough liquid soap.



3 LATHER WELL

Lather for *15-20 seconds*. Clean wrists, palms, back of hands, and between fingers.



4 RINSE

Rinse with warm water. Be sure not to touch side of sink.



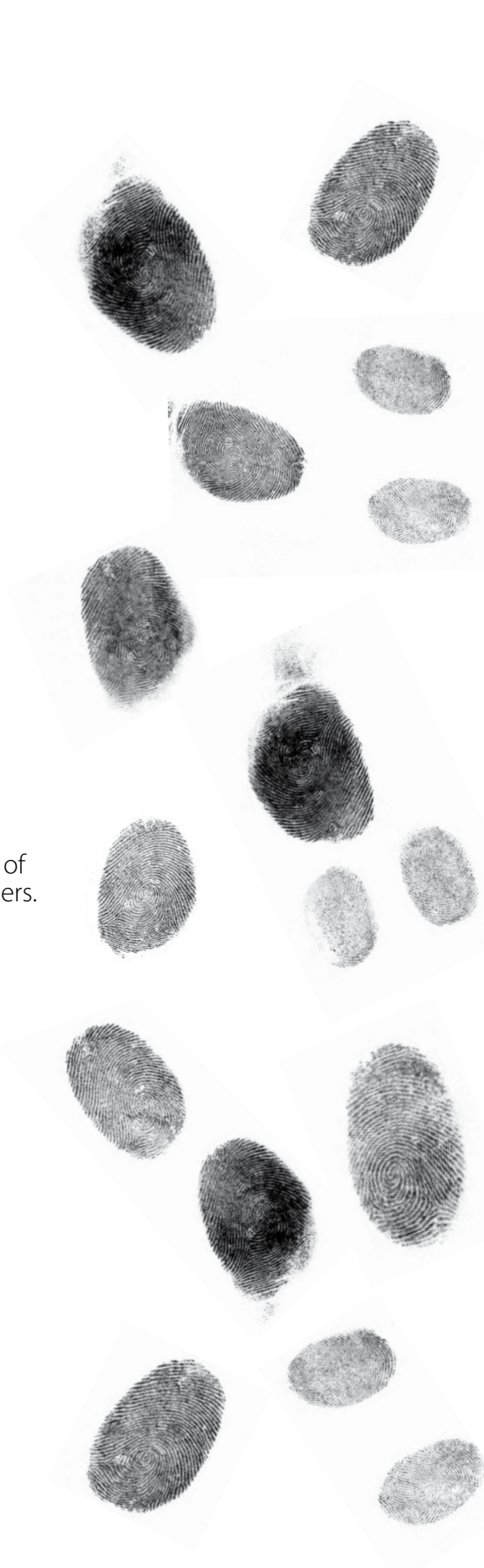
5 DRY

Dry hands completely with paper towel or with an air dryer.



6 KEEP CLEAN

Use a paper towel to turn off water and open door, protecting hands from being recontaminated.



STEPS TO HAND SANITIZING



1 APPLY

Apply enough sanitizer to completely cover both hands.



2 RUB PALMS

Rub hands together, palm to palm for *15-20 seconds*.



3 RUB TOP

Rub top of hand with palm of other hand.



4 UNDER FINGERS

Spread sanitizer over and under fingernails.



5 BETWEEN FINGERS

Spread sanitizer between fingers.



6 RUB UNTIL DRY

Keep rubbing hands together until they are dry. Don't dry with a towel.



FOR MORE INFORMATION
WWW.WECHEALTHUNIT.ORG
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KEY REFERENCES:
Ontario Ministry of Health and Long-Term Care (November 2008). Retrieved May 4, 2009,
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