HAND WASHING INSTRUCTIONS

WASHING YOUR HANDS PREVENTS THE SPREAD OF GERMS

1. Wet your hands with warm, running water
2. Apply soap to hands
3. Lather and rub hands vigorously for 10 to 15 seconds
4. Rinse hands thoroughly
5. Dry hands with paper towel
6. Use paper towel to turn off faucet

Remember:
- Employees must wash hands and exposed portions of forearms before returning to work.
- Scrub between your fingers, under your nails, and the tops of your hands.
- If using an air dryer to dry your hands, turn off the faucet with your elbow.