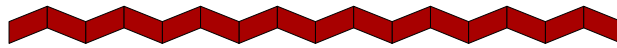




HAND WASHING



Office of Safety and Security Fact Sheet

Hand washing is the most important deterrent to the transmission of common infections. Hand washing should be encouraged after using the toilet and immediately before eating.

GOOD HAND WASHING INCLUDES THE FOLLOWING PROCEDURES:

- Ensure that each hand sink is supplied with dispensed soap and disposable paper towel. Antiseptic towelettes should be provided where water is not available.
- Wet hands thoroughly under warm running water, cold water if necessary.
- Dispense soap into wet hands; bar soap may be used when dispensed soap is unavailable.
- Vigorously rub hand together for at least 20 seconds, paying particular attention to the nails, cuticles, spaces between the fingers, and under jewelry.
- Wash hands above the wrist level.
- Rinse hands thoroughly.
- Shake hands to remove excess water.
- Dry hands using disposable towel; avoid the reuse of common towels.
- Use the towels to turn off the water and open door.
- Dispose of the paper towel into a waste receptacle.
- Use disposable latex or vinyl gloves as an added barrier when administering first aid, toileting or diaper changing. Always wash hands again immediately after removing soiled gloves.



If you need assistance, call the safety section at 571-423-2010.