DON'T FORGET TO
WASH YOUR HANDS

1.
Wet hands with warm water

2.
Apply soap

3.
Lather soap and rub hands palm to palm

4.
Rub in between and around fingers

5.
Rub back of each hand with palm of other hand

6.
Rub base of thumb of each hand in opposite palm

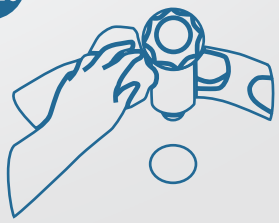
7.
Rub backs of fingers of each hand in opposite palm

8.
Rub fingertips of each hand in opposite palm

9.
Rub each wrist with opposite hand

10.
Rinse thoroughly under running water

11.
Pat hands dry with paper towel

12. 
Turn off water using paper towel

WHEN TO WASH YOUR HANDS

- Before starting work
- Before consumption of any food/beverage
- Before placement of clean gloves
- Before leaving work
- After restroom breaks
- After any work break
- When visibly soiled
- After removal of soiled gloves

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DON'T FORGET TO
SANITIZE YOUR HANDS

1.

Apply 1 to 2 pumps of product to palms of dry hands

2.

Rub hands together palm to palm

3.

Rub in between and around fingers

4.

Rub back of each hand with palm of other hand

5.

Rub fingertips of each hand in opposite palm

6.

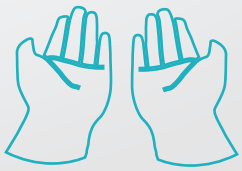
Rub base of thumb of each hand in opposite palm

7.

Rub backs of fingers of each hand in opposite palm

8.

Rub hands until product is dry. Do not use paper towels

9. 

Once dry, your hands are safe

ALCOHOL-BASED HAND RUB (ABHR)

ABHR is the preferred method for hand hygiene when hands are not visibly soiled. ABHR takes less time and is more effective than washing with soap and water (even with an antibacterial soap).

Wash hands with soap and water if they are visibly soiled with dirt, blood, body fluids or other body substances. If running water is not available, use moistened towelettes to remove the visible soil, followed by alcohol-based hand rub.

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