

DON'T FORGET TO WASH YOUR HANDS

Wet hands with warm water



Apply soap



Lather soap & rub hands palm to palm



Rub in between & around fingers



Rub back of each hand with palm of other hand



Rub base of thumb of each hand in opposite palm



Rub backs of fingers of each hand in opposite palm



Rub fingertips of each hand in opposite palm



Rub each wrist with opposite hand



Rinse thoroughly under running water



Pat hands dry with paper towel



Turn off water using paper towel



WHEN TO WASH YOUR HANDS

- Before starting work
- Before consumption of food/beverage
- Prior to donning of PPE
- Pre & Post-doffing of PPE

- After bathroom breaks
- After any work break
- When visibly soiled
- Before leaving work

Evidenced-Based Resource:
Public Health Ontario. (2014).
"Best practices for hand hygiene in all health care settings, 4th edition."