

6 CRITICAL STEPS TO CLEAN HANDS



It's important that all workers know and understand proper handwashing procedures. Need additional training? Call Steritech to schedule a special session! Follow these 6 steps to prevent spreading contamination.

1

Wet hands & forearms.

Use running water as hot as you can stand it. It should be at least 100°F (38°C).

2

Apply soap.

Use enough soap to build up a good lather.

3

Scrub for 10-15 seconds.

Scrub hands and forearms for 10-15 seconds. Be sure to scrub under your fingernails and between your fingers.

4

Rinse.

Rinse hands and arms using warm water.

5

Dry Hands.

Dry hands and arms with a single-use paper towel or hand dryer.

6

Use a paper towel to turn off the sink.

By using the paper towel to turn the faucet, you will prevent your hands from getting re-contaminated.