

1. Wet your hands with warm water (60-120 degrees F) and leave water running.
2. Apply liquid soap to hands. Rub hands together vigorously until a soapy lather appears and continue for at least 10 seconds. Be sure to scrub between fingers, around nail beds, under fingernails, jewelry, the tops and palms of the hands, and wrists.
3. Rinse hands under warm running water, until they are free of soap and dirt. Leave the water running while drying hands.
4. Dry hands with a clean, disposable towel, being careful to avoid touching the faucet handles or towel holder with clean hands.
5. Turn the faucet off using the towel as a barrier between your hands and the faucet handle.
6. Discard the used towel in a trash can lined with a fluid-resistant (plastic) bag.

### Other points to remember

- When assisting a child in handwashing, either hold the child (if an infant) or have the child stand on a safety step at a height at which the child's hands can hang freely under the running water. Assist the infant/child in performing all of the above steps.
- Consider using hand lotion to prevent chapping of hands. If using lotions, use bottles or tubes that can be squirted so the hands do not have direct contact with the container spout. Direct contact with the spout could contaminate the lotion inside the container.

Source used: "Caring for Our Children" National Health and Safety Performance Standards: Guidelines for Out-of-Home Child Care Programs – 2<sup>nd</sup> Edition

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