

# Hand Washing Procedure

## **Hand washing is required:**

1. Immediately upon arrival at the center
2. Before any food related activity, including:
  - ✓ entering the kitchen
  - ✓ preparing food
  - ✓ serving food
  - ✓ setting the table
  - ✓ before and after eating
3. After:
  - ✓ using the bathroom
  - ✓ wiping noses
4. **Before** and **After** putting on vinyl gloves for **diapering**.
5. Whenever skin may come in contact with blood or body fluids
  - ✓ Vinyl GLOVES MUST BE WORN to prevent blood borne pathogen exposure
6. After administering medications
  - ✓ Vinyl GLOVES MUST BE WORN to prevent blood borne pathogen exposure
7. After handling pets or other animals
8. Whenever hands are soiled
9. After emptying the trash

## How to wash your hands:

1. Turn on water to a warm temperature
2. Wet hands thoroughly
3. Using soap from a dispenser, rub hands together vigorously for 20 to 40 seconds
4. Wash ALL hand surfaces – back of hands, wrists, between fingers, under fingernails
5. Rinse hands thoroughly under warm running water
6. Dry hands with single use paper towels
7. Use the paper towel to turn water off