

# PROPER & EFFECTIVE HAND WASHING



AUBURN UNIVERSITY

RISK MANAGEMENT & SAFETY

## WET

WET HANDS WITH CLEAN, RUNNING WATER.  
TURN OFF THE WATER AND APPLY SOAP TO SKIN.



USE COLDER WATER WHEN POSSIBLE.  
THE TEMPERATURE OF THE WATER  
DOES NOT APPEAR TO AFFECT  
MICROBE REMOVAL.  
WARM WATER CAN CAUSE SKIN  
IRRITATION AND USES MORE  
ENERGY TO PRODUCE

## LATHER

RUB HANDS TOGETHER WITH SOAP TO CREATE LATHER.  
LATHER ENTIRE HAND AND WRIST.



THE LATHER SHOULD COVER HANDS.  
PAY CLOSE ATTENTION TO THE  
BACKS OF HANDS, THE WRIST,  
UNDER FINGER NAILS,  
AND IN BETWEEN FINGERS.

## SCRUB

SCRUB YOUR HANDS FOR AT LEAST 20-30 SECONDS.  
SCRUB ENTIRE HAND THOROUGHLY AND COMPLETELY.



NEED A TIMER FOR 20-30 SECONDS?  
TRY HUMMING OR SINGING  
THE AUBURN FIGHT SONG  
WHILE YOU SCRUB YOUR HANDS.

## RINSE

RINSE EXCESS SOAP AND RESIDUE OFF YOUR HANDS.  
BE SURE TO USE CLEAN, RUNNING WATER TO RINSE.



TURNING OFF THE FAUCET WHILE  
SCRUBBING AND LATHERING HELPS  
TO SAVE & CONSERVE WATER.  
THERE IS LITTLE DATA TO PROVE  
A SIGNIFICANT TRANSFER OF GERMS  
FROM HANDS TO FAUCETS.

## DRY

DRY HANDS USING A CLEAN TOWEL OR AIR.  
AVOID USING CLOTHES TO DRY HANDS IF POSSIBLE.



WET HANDS CAN CAUSE GERMS  
TO SPREAD MORE EASILY.  
THAT'S WHY IT'S IMPORTANT  
TO DRY YOUR HANDS COMPLETELY  
TO FINISH HAND WASHING.



**RISK MANAGEMENT  
& SAFETY**



*Supporting  
Success*