Proper Hand Washing Procedures

1. Use hot running water
   Wet hands and forearms

2. Apply soap
   Rub hands and arms briskly with soapy lather for at least 20 seconds

3. Scrub between fingers and clean nails with a clean nail brush

4. Rinse thoroughly under hot running water

5. Reapply soap and scrub hands and forearms for another 5 to 10 seconds

6. Rinse again

7. Dry hands and arms using a single-use towel

8. Use the towel to turn off the water
   Discard the towel in a trash bin