

## WIC HAND WASHING PROCEDURE

**PURPOSE:** To ensure that the correct hand washing technique will be used by WIC staff.

**PROCEDURE:**                    HOW TO WASH YOUR HANDS

1. Turn on water to a **WARM** temperature.
2. Wet hands.
3. Using a **LIQUID SOAP** from a dispenser, rub hands together vigorously for 20 seconds. If hands are very dirty, rub hands together for at least 40 seconds.
4. Wash all surfaces including:
  - \* backs of hands
  - \* wrists
  - \* between fingers
  - \* under fingernails
5. Rinse hands well under **WARM RUNNING WATER**.
6. Dry hands with **PAPER TOWELS**.
7. Turn off water using a paper towel instead of bare hands.
8. Discard towel in covered, foot activated trash can.