

HOW TO PROPERLY WASH YOUR HANDS



Saskatchewan
Ministry of
Health

For effective hand washing, follow these steps:

- Remove any rings or other jewelry
- Use warm water and wet your hands thoroughly
- Use soap (1-3 mL) and lather very well
- Scrub your hands, between your fingers, wrists, and forearms with soap for 20 seconds
- Scrub under your nails
- Rinse thoroughly
- Turn off the taps/faucets with a paper towel
- Dry your hands with a single use towel or air dryer
- Protect your hands from touching dirty surfaces as you leave the bathroom

