



The Importance of Hand Washing

Why should I care about hand washing?

Never before has there been so much emphasis on washing your hands! It was always important, but in the age of COVID-19 it's even more so. There are many reasons to wash your hands at work. We may think of washing our hands only when they are dirty or after we have used the restroom, but we also need to wash our hands before breaks, lunch and at the end of the shift. While there are many germ-related reasons for washing our hands, there are other sources of contamination to consider.



Getting into the habit of simply washing your hands before leaving work areas and prior to breaks can prevent your accidental exposure to contaminated materials via hand to mouth contact, as well as reduce the exposure of those around you, whether at work or off-site.

Personal protective equipment is important!

The most common way to limit the potential for skin contact on your hands with hazardous materials is to wear proper gloves. Unfortunately, gloves can become contaminated and may provide a false sense of security when it comes to potential contaminant exposures.

Correct hand washing procedure:

- Turn on the water, and adjust the temperature.
- Wet your hands and wrists.
- Apply soap and rub vigorously between hands and fingers, generating lather.
- Keeping your hands in the sink, interlace fingers and rub the front and back of your hands, paying special attention to the fingernails and the area between the fingers.
- Keeping your hands in the sink, allow the water to run down your hands into the drain.
- Use paper towels to thoroughly dry your hands.
- Use a clean paper towel to shut off the water faucet, avoiding any residual contamination.

