



Wash 'em, Tech!

Effective hand washing is one of the most important daily tasks you can do to prevent the spread of illness and laboratory contamination which keeps you, your loved ones and the rest of your Red Raider family safe.

1 Turn on the water and wet your hands and wrists with warm running water. Apply soap and work into a lather circling in all directions.



2 Clean between fingers. Do this on the palm and the back of your hands. Wash hands for at least 20 seconds (or sing "Happy Birthday" twice).



3 Use rotational rubbing of your thumbs with the opposite hand to clean. Scrub palms.



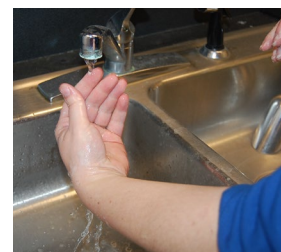
4 Use rotational rubbing of your wrists with the opposite hand to clean.



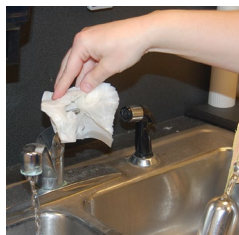
5 Clean around cuticles and any jewelry. It may be ideal to remove wrist accessories.



6 Rinse hands in a stream of warm running water starting at the fingertips and rinsing toward the wrist.



7 Avoid touching potentially dirty surfaces with clean hands, including paper towel holder, faucet and door handles. Dry hands and use a dry paper towel to turn off the water.



This poster and other resources are available on our website! www.ehs.ttu.edu