



YOUR HEALTH IS IN YOUR [CLEAN] HANDS

PROPER HANDWASHING INCLUDES:

- Wet your hands with warm clean running water and apply soap.
- Rub hands together to make a lather and scrub all surfaces for 20 seconds.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer.
If possible, use your paper towel to turn off the faucet and to open the door.

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