

Handwashing and Hand Sanitizing

The entire handwashing process should take about 40-60 seconds. Wash hands thoroughly with soap and warm running water, scrubbing for at least 20 seconds. Dry hands completely using single-use towels, electric hand dryers, or other hand drying devices approved by your local regulatory authority.

Tip: When washing hands, scrub for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end, twice.

The use of hand antiseptics or sanitizer may be an effective way to stop the spread of the coronavirus if the hand sanitizer contains at least **60% alcohol**. However, these products are not a replacement for hand washing. Hand sanitizers are most useful when used in combination with regular handwashing and the use of single-use gloves.

Hand sanitizers may also be a good option for areas where hand washing is not possible or convenient.

7 Handwashing Steps:
Prevent Infections from Spreading

Use these handwashing steps to keep germs out of your department, cut down on sick days, and even lower your facility's annual healthcare costs.

- 1 Don't rush through it.**
According to the World Health Organization, the entire handwashing process should take about 40-60 seconds. 
- 2 Wet your hands first.**
You can use either cold or warm water. If hands are extremely greasy or dirty, use warm-to-hot water to help trap dirt and grease within the soap itself, thus enabling a better cleaning. 
- 3 Use soap.**
Don't skimp on it; apply enough of it to cover all surfaces of your hands. 
- 4 Rub hands palm-to-palm.**
Put your right palm over your left dorsum with interlaced fingers (and vice versa). Then rub them again palm-to-palm with fingers interlaced. 
- 5 Rub your hands, palm-to-palm, vigorously for at least 20 seconds.**
Scrub all surfaces, including the backs of your hands, wrists, between your fingers, and under your fingernails. 
- 6 Rinse your hands with water.**
Dry them thoroughly with a single-use towel or air dryer. 
- 7 To avoid recontamination,**
use a single-use towel to turn off the water faucet (if necessary). 

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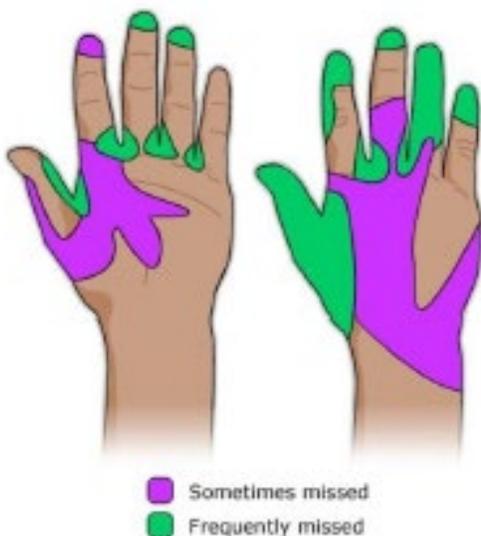
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When to Wash Hands During the COVID-19 Outbreak

- Before starting work
- Before putting on gloves
- Before putting on a mask or face cover
- When changing tasks
- When re-entering the office from outside
- Before and after eating food
- After drinking water
- After touching a mask or face cover
- After touching face, hair, eyes or mouth
- Before and after using the toilet
- After touching clothing
- Upon return to the workstation
- After breaks
- After removing a mask or face cover
- After finishing work
- Arriving home from work
- After touching mobile phone
- As often as possible

When to Use Hand Sanitizer During the COVID-19 Outbreak

- In combination with handwashing
- Between glove changes
- Any time hand washing is not possible
- As often as possible as supplies permit
- Any time you touch or change a mask or face cover



The diagram to the left shows the parts of the hands that are most frequently missed during hand washing.

To slow the spread of infection, it is important to follow these guidelines of proper hand washing and sanitizing.