High Speed Hand Washing

Begin by lining up at the sink, six feet away from others

1. Wet your hands, then shake off water.

2. Squirt hands with soap.

3. Walk to the end of the line. Stay six feet away from others.

4. Scrub hands as you move forward in line. Wash backs of hands, thumbs, nail beds, between fingers, and wrists well.

5. When you get back to the sink, rinse well. Shake extra water off of your hands into the sink.

6. Use a clean paper towel to dry your hands, then throw it in the trash.

For more information: https://beav.es/HighSpeedHandWashing

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High Speed Hand Washing Technique was developed by Glenda Hyde and Beth Ann Wilson of OSU Extension.