College of Agricultural, Consumer and Environmental Sciences

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How to Wash Your Hands



1. Wet hands and arms. Make sure to rinse hands and arms before applying soap.



2. **Apply soap**. Apply enough to build up a good lather.











3. **Scrub hands and arms firmly back and forth**. Scrub them for 20 seconds; making sure to clean the thumbs, under the fingernails, the wrists, the palms and between fingers.



4. Rinse hands and arms completely. Use running water.



5. **Dry hands and arms**. Use a single-use paper towel or hand dryer. It's recommended you use the paper towel to turn off faucet.



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