

Handwashing

1. Responsibility:

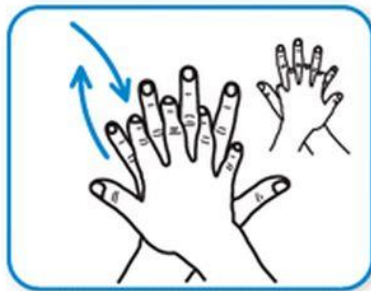
- a. Hands must be washed before leaving the laboratory, and after handling materials known or suspected to be contaminated, even when gloves have been worn.

Six steps to clean hands

Washing your hands properly takes about as long as singing "Happy Birthday" twice, using the images below.



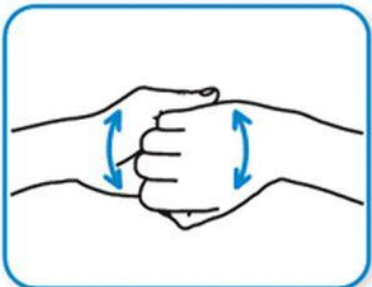
Rub hands palm to palm



right palm over left dorsum
with interlaced fingers
and vice versa



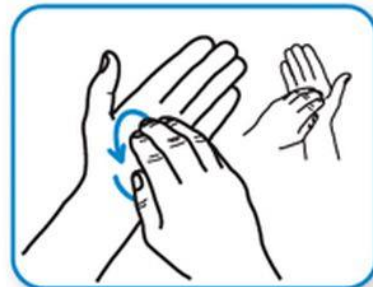
palm to palm with fingers
interlaced



backs of fingers to opposing
palms with fingers interlocked



rotational rubbing of left thumb
clasped in right palm
and vice versa



rotational rubbing, backwards
and forwards with clasped
fingers of right hand in left
palm and vice versa.

2. References:

- a. <https://ehs.utoronto.ca/our-services/biosafety/biosafety-manual/general-laboratory-safety-practices/>
- b. <https://www.cbsnews.com/news/are-you-washing-your-hands-wrong/>