



Hand Washing Procedure

Purpose

This document explains the required technique for hand washing in Early Learning classrooms.

Procedure

You must model the proper way to wash your own hands and monitor children as they learn how to wash hands. The Hand Washing poster should be posted above each hand washing sink. The link to the poster is in the Resource section below. Follow the directions on the poster each time you wash your hands.

When to wash hands

- upon arrival at the center
- before and after giving medications
- before and after treating or bandaging a wound (nonporous gloves should be worn if there is contact with blood or body fluids)
- before and after diapering, after toileting, or assisting with toileting
- before and after food preparation, handling, eating, or any other food-related activity
- after handling garbage
- whenever hands are contaminated with blood or other body fluids
- after sneezing or blowing nose
- after handling animals
- after outdoor play
- after smoking

A Note About Hand Sanitizers

Hand sanitizers can't replace warm running water and soap for children in Early Learning environments. They cannot be used for children under 1 year of age.

For adults who use hand sanitizers

- Apply enough sanitizer to open palms so that your hands remain wet for 20-30 seconds.
- Sanitizers kill germs, but do not remove dirt. Wash hands with soap and running water as soon as possible after using sanitizer.
- Alcohol sanitizers contain up to 80% alcohol so keep them away from open flames or high heat.

Resources

Hand Washing Poster

<http://here.doh.wa.gov/materials/be-a-germ-buster>