

Handwashing Guidelines

Prevent spreading germs that can cause many illnesses

1

Take off your jewellery. Wet your hands with warm running water.



2

Apply some soap and create a lather by rubbing your hands together.



3

Wash all parts of each hand. Rub your hands together vigorously for at least 30 seconds.



4

Rinse your hands under warm running water. Leave the water running while you dry your hands.



5

Dry your hands with a clean disposable towel.



6

Using the towel as a barrier, turn the faucet off and open the door, then throw the towel into the garbage.



The information in this poster does not replace formal First Aid & CPR training.

Contact us to find a Red Cross First Aid course in your area and download our free First Aid app:

myrc.redcross.ca | 1.877.356.3226 | redcross.ca/apps

