



Hands spread an estimated 80% of common diseases.<sup>6</sup>

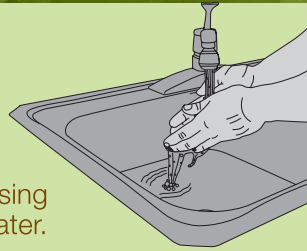
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## Proper Hand Washing Procedures

1

Wet Hands Using Warm Water.



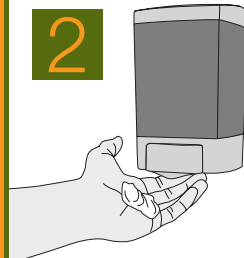
4

Rinse Hands Thoroughly Under Warm, Running Water.



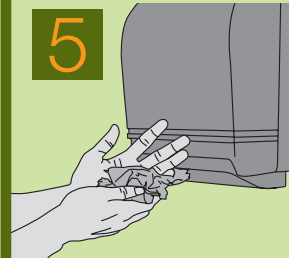
2

Apply Soap.



5

Dry Hands with a Paper Towel or Air Dryer.



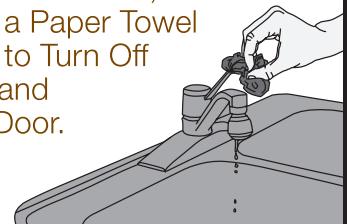
3

Lather Soap on Hands and Rub Together for At Least 20 Seconds.



6

If Available, Use a Paper Towel to Turn Off Water and Open Door.



“Hand washing is the single most important means of preventing the spread of infection.”

~U.S. Center for Disease Control

### Did you know...

- hand washing is the single most important means of preventing the spread of infection<sup>1</sup>
- hand washing is still recommended when gloves are worn<sup>1</sup>
- each year, more than 164 million school days are lost due to illness<sup>1</sup>
- the number of germs on your fingertips doubles after you use the toilet<sup>2</sup>
- germs can stay alive on hands for up to three hours<sup>2</sup>
- 92% of adults say they always wash their hands, but only 77% actually do<sup>3</sup>
- many outbreaks of foodborne illness such as salmonella and E. coli, can be traced to unwashed or poorly washed hands<sup>3</sup>
- it is estimated that there are about 76 million foodborne illnesses each year in America, resulting in 325,000 hospitalizations and 5,000 deaths - government statistics indicate that at least 25 percent of these illnesses are due to improper handwashing<sup>2</sup>

*Even after contact with contaminated surfaces, most germs can be easily removed through simple washing with soap and warm water.*

### When to Wash

#### Before and After:

- eating
- preparing food, especially after touching raw meat
- caring for children, especially infants
- putting in or taking out contact lenses

#### After:

- using the restroom
- blowing your nose, coughing or sneezing
- handling garbage
- touching animals, especially reptiles and exotic animals
- coming in contact with someone who is ill
- touching surfaces in a public place
- treating an open wound
- handling money



1. U.S. Center for Disease Control  
2. foodlink.org.uk

3. American Society for Microbiology, 2007 Handwashing Survey  
4. www.foodsafety.gov/dms/fsehandw.html

5. Hospitality Institute of Technology & Management  
6. Contracting Profits, “Encouraging Handwashing” August, 2006