



HAND WASHING PROCEDURE

How to wash hands with soap and water

1. Wet hands with running water (preferably warm water, for comfort).
2. Apply soap to hands.
3. Lather soap and rub hands thoroughly, including the wrists, the palms, between the fingers, around the thumbs and under the nails. Rub hands together for at least 15 seconds (for about as long as it takes to sing 'Happy birthday' once).
4. Rinse thoroughly under running water.
5. Dry thoroughly.

The process of thoroughly washing, rinsing and drying your hands or a child's hands should take around 30 seconds.

How to clean hands with alcohol-based hand rub

1. Apply the amount of hand rub recommended by the manufacturer to palms of dry hands.
2. Rub hands together, making sure you cover in between fingers, around thumbs and under nails.
3. Rub until hands are dry.

Only use an alcohol-based hand rub if your hands are not visibly dirty. The hand rub should contain 60–80% alcohol.

When to wash children's and your hands:

For Educators and Other Staff	
<i>Before</i>	<i>After</i>
Starting work	Taking off gloves
Eating or handling food	Changing a nappy
Giving medication	Cleaning the nappy change area
Putting on gloves	Using the toilet
Applying sunscreen or other lotions to one or more children	Helping children use the toilet
Going home	Coming in from outside play
	Wiping a child's nose or your own nose
	Eating or handling food
	Handling garbage
	Cleaning up faeces, vomit or blood
	Applying sunscreen or other lotions to one or more children
	Touching animals
For Children	
<i>Before</i>	<i>After</i>
Starting the day at Little Saints	Touching nose secretions
Eating or handling food	Having their nappy changed
Giving medication	Eating or handling food
Going home	Using the toilet
	Coming in from outside play
	Touching animals