



Procedure for Handwashing

Prepared by the Health & Safety Specialists at Child Care Aware® of North Dakota

1. Wet your hands with warm water (60-120 degrees F) and leave the water running.
2. Apply liquid or foam soap to hands (unscented soap is recommended). Rub hands together **out of the water stream** until a soapy lather appears and continue for at least 20 seconds. Be sure to scrub between fingers, around nail beds, under fingernails, jewelry, the tops and palms of the hands, and wrists.
3. Rinse hands under warm running water, until they are free of soap and dirt. Leave the water running while drying hands.
4. Dry hands with a paper towel, being careful to avoid touching the faucet handles or paper towel dispenser with clean hands. If cloth towels are used, each child must have their own and towel must be laundered daily.
5. Turn the faucet off using the paper towel as a barrier between your hands and the faucet handle.
6. Discard the used paper towel in an uncovered trash can lined with a plastic bag.
 - * *It is recommended for the trash can to be uncovered to prevent touching the cover and contaminating the hands.*
 - * *Licensing allows trash cans to be uncovered for used paper towels.*

Other points to remember:

- When assisting a child in handwashing, either hold the child (if an infant) or have the child stand on a step stool at a height at which the child's hands can hang freely under the running water. Assist the infant/child in performing all the above steps. Always check the temperature of the water before putting the children's hands in the water stream.
- Review procedure with children often, supervise and coach when able to ensure older children wash properly.
- Consider using hand lotion to prevent chapping of hands. Unscented lotion is recommended. If used on children, obtain written permission from children's parents. It is also important to make sure the lotion is completely rubbed into the child's skin.
- Hand Sanitizers:
 - Can be used by adults and children over 24 months when hands are not visibly dirty or at times not required by licensing to be done at a sink. For children under 24 months, use a diaper wipe or wet paper towel to clean their hands if a sink is not available.
 - Licensing requires handwashing at a sink for the following: before preparing or serving meals, after diapering, after using the toilet, and after any contact with blood, vomit, urine, poop, etc.
 - Use with close supervision and keep out of the reach of children.
 - Use according to directions. Hands should be rubbed together until hands are completely dry.
 - If used by children, it is very important to make sure children rub their hands until they are completely dry to prevent getting hand sanitizer into their eyes or mouth.
 - It is recommended to use unscented hand sanitizers.
 - Must contain at least 60% alcohol to be effective. Because of the high alcohol content, hand sanitizers should be stored away from heat. Do not use products with methanol/methyl alcohol.