



Procedure for Handwashing

Prepared by the Health Consultant Team at Child Care Aware® of North Dakota

1. Wet your hands with warm water (60-120 degrees F) and leave water running.
2. Apply liquid soap or foam to hands. 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 clean, disposable towel, being careful to avoid touching the faucet handles or towel holder with clean hands.
5. Turn the faucet off using the towel as a barrier between your hands and the faucet handle.
6. Discard the used towel in a trash can lined with a fluid-resistant (plastic) bag.

** 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 safety step at a height at which the child's hands can hang freely under the running water. Assist the infant/child in performing all of the above steps.
- Consider using hand lotion to prevent chapping of hands. If using lotions, use bottles or tubes that can be squirted so the hands do not have direct contact with the container spout. Direct contact with the spout could contaminate the lotion inside the container.
- Children and adults who need to open a door to leave the bathroom or diaper changing area are recommended to open the door with a paper towel to prevent re-contaminating clean hands.
- 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.
 - Licensing requires handwashing at a sink for the following: before preparing or serving meals, after diapering, after using the toilet, and after any other procedure that may involve body fluids.
 - Must always be used with supervision and kept out of reach of children.
 - Must be used according to directions. Hands should be rubbed together until hands are dry.
 - Must contain at least 60% alcohol to be effective. Because of the high alcohol content, hand sanitizers should be stored away from heat.

Sources:
CFOC, 3rd Edition, 2011

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