Hand Washing Steps (Key)

Hand washing is the most important part of personal hygiene. Fill in the steps to proper hand washing.

**Step 1**
- Wet hands and arms
- Use running water as hot as you can comfortably stand
- It should be at least 100°F.

**Step 2**
- Apply soap
- Apply enough to build up a good lather

**Step 3**
- Scrub hands and arms vigorously
- Scrub them for 10 to 15 seconds
- Clean under fingernails and between fingers

**Step 4**
- Rinse hands and arms thoroughly
- Use running warm water

**Step 5**
- Dry hands and arms
- Use a single-use paper towel or a hand dryer

Source: ServSafe Starters™ Employee Guide, 2010

After washing your hands, what steps can you take to make sure your hands stay clean?

1. ___ Use a paper towel to turn off the faucet

2. ___ Use a paper towel to open the restroom door