## All employees must wash their hands with soap and water (or alcohol-based sanitizer) regularly. At a minimum, employees must wash their hands in the following scenarios:

* When you arrive at work
* Before and after going on breaks and lunch
* After using the washroom
* After using common tools and equipment
* After contact with any other material/person(s) where there was a potential for contamination (delivery persons, shipping/receiving)
* Before leaving work
* When arriving home

## Placement of hand hygiene stations.

Hand hygiene stations can be found in the following areas:

* Outside washrooms
* Building entrances
* Lunchrooms
* Meeting Rooms
* Locker rooms
* [Other areas]

## Handwashing procedures

* The following handwashing procedures must be followed:
* Use warm running water and soap. Wash your hands for 20-30 seconds.
* Press hands palm to palm
* Press each palm over back of opposing hand
* Interface fingers palm to palm
* Interlock fingers
* Rotate each thumb in palm
* Rotate fingertips in palm

## If using alcohol-based hand rubs

* Apply enough solution to cover all hand surfaces on one palm
* Rub solution over all surfaces of the hands and wrists (in between fingers, thumbs, back of palms), for 15 seconds
* Continue rubbing until hands are completely dry

***References:*** Manufacturing Safety of Alliance of BC *|* [*The ABC’s of Handwashing*](https://safetyalliancebc.ca/download/the-abcs-of-hand-washing/)