

Proper handwashing is an important work practice control - hands are the most common mode of transmission of pathogens.

Regular soap and warm water is adequate for hand washing. Wet hands, apply sufficient soap and rub all surfaces of hands for 15 seconds, then rinse and dry. Use the paper towel to turn off the faucet. Apply lotion if dryness is an issue. Avoid oil based hand lotions, as they cause latex gloves to break down. Laboratory employees should wash their hands:

- Before and after patient contact
- After removing gloves
- Before leaving the laboratory
- When gloves or hands are visibly contaminated with infectious materials
- Before activities that entail hand contact with skin or mucous membranes, (such as eating, drinking, smoking, applying makeup, handling contact lenses or using the bathroom)
- After using the bathroom



