



The gloves are off

It's time to wash your hands



In a 2016 study*, researchers found that **more than 90 percent of lab personnel did not wash their hands** after removing gloves. Wash your hands to prevent contamination and promote a healthy workplace. Every time you remove your gloves, follow these five steps.

1 **Wet** hands with warm or cold water. Turn the water off. Sun Devils are clean and sustainable.

2 **Lather** both sides of hands with soap; wash between fingers and under nails.

3 **Scrub** hands for at least 20 seconds. Hum the Happy Birthday song from beginning to end twice.

4 **Rinse** hands with water.

5 **Dry** hands with a clean paper towel or air dry them.

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Questions?
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cdc.gov/handwashing/show-me-the-science-handwashing.html

* Johnston, J. D., Merrill, R. M., Zimmerman, G. C., Collingwood, S. C., & Reading, J. C. (2016). Factors associated with biosafety level-2 research workers' laboratory exit handwashing behaviors and glove removal compliance. *Journal of Occupational and Environmental Hygiene*, 13(4), 254-264.