

When And How To Wash Your Hands

Name _____ Date _____ Score _____

TRUE OR FALSE

- T ___ F ___ 1. Hands can be washed in a pot and pan sink.
- T ___ F ___ 2. If you are taking a break to smoke, you should wash your hands before handling food.
- T ___ F ___ 3. You should wash your hands with cold running water.

MULTIPLE CHOICE

- ___ 1. You should wash your hands after
- a. using chemicals.
 - b. sneezing into your hands.
 - c. taking out the garbage or trash.
 - d. All of the above
- ___ 2. When washing your hands, you should scrub them for at least
- a. five seconds.
 - b. ten seconds.
 - c. fifteen seconds.
 - d. twenty seconds.

EXERCISE

Place the following handwashing steps in the proper order by putting a number in front of each step?

- ___ Clean under your fingernails and between fingers.
- ___ Apply soap.
- ___ Scrub hands and arms for at least twenty seconds.
- ___ Dry hands and arms with a single-use paper towel or warm-air hand dryer.
- ___ Rinse your hands thoroughly under running water.
- ___ Wet your hands with running water as hot as you can comfortably stand.