



At Pikes Peak Respite Services it is our goal to have a standard of operation for hand washing. Please follow the steps below.

- 1) Wash hands upon: arrival to your shift; before, during and after food preparation; before eating; after using restroom; after handling animals or animal waste; when your hands are dirty; often when around a person who is sick; after sneezing or coughing; before and after performing personal care tasks; after removing gloves used for care or cleaning
- 2) When washing hands, use clean running warm water and apply soap, liquid soap is preferred; rub hands together to make lather and scrub all surfaces; rub hands for minimum of 30 seconds; rinse hands well under running water; pat hands dry with paper towel and use paper towel to turn off faucet
- 3) Hand sanitizer can be used in an emergency when running water and soap are not available, follow instructions on sanitizer and do not use with small children or an individual that may lick their hands after application of sanitizer
- 4) If ever in doubt- WASH your hands!! Hand washing is the single most effective defense against illness.