Principal Investigator: Date Approved:

**Hand Sanitation**

This SOP applies to hand sanitation procedures after handling biohazardous materials.

Proper hand sanitation reduces the risk of laboratory-acquired infections and other illnesses. Regular handwashing, particularly before and after certain procedures, is the best way to remove contaminants, avoid getting sick and prevent spreading contaminants to others.

**Procedures**

**Engineering Controls, Equipment, and Materials**

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| --- | --- |
| **Sink** | Equipped with water at a comfortable temperature; hands-free operation preferred |
| **Hand Soap** | Surfactant for removing contaminants; liquid preferred |
| **Paper Towels** | Ample supply available at the sink |

1. Wet hands with clean, running water
2. Lather hands with soap by rubbing them together
3. Scrub hands for 20–30 seconds
4. Rinse hands well under clean, running water
5. Dry hands using a clean paper towel
6. Shut the water off using a paper towel

**Cautions and Considerations**

* Gloves are not a substitute for hand hygiene — wash hands immediately after removing gloves
* Wash hands before leaving the laboratory
* The water temperature should be comfortable to promote washing for the correct amount of time
* Scrub all surfaces of the hands, including the backs, between the fingers, under the nails, etc.
* Helpful hint: Singing the “Happy Birthday” song twice is approximately the length of time required to lather

**References**

1. CDC: [Handwashing: Clean Hands Save Lives](https://www.cdc.gov/handwashing/when-how-handwashing.html)