



TAKE 5

Five Minute Safety Talks

Handwashing

Handwashing is one of the best ways to guard against illness. Wash your hands routinely throughout the day. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to be exposed to and spread germs:

- **Before, during, and after** preparing food
- **Before** eating food
- **Before** and **after** caring for someone at home who is sick with vomiting or diarrhea
- **Before** and **after** treating a cut or wound
- **After** using the toilet
- **After** changing diapers or cleaning up a child who has used the toilet
- **After** blowing your nose, coughing, or sneezing
- **After** touching an animal, animal feed, or animal waste
- **After** handling pet food or pet treats
- **After** touching garbage
- **After** touching high-touch surfaces such as worktables, door handles, stair rails, etc.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community.

Follow these five steps every time.

1. **Wet** your hands with clean, running water (warm preferred), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



Information retrieved from: <https://www.cdc.gov/handwashing/when-how-handwashing.html>

Date Presented: _____

Name of Presenter: _____

Acknowledgement:

Employee Signature

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Group Discussion Notes/Comments:

*For more information on our Ag Industry specific training,
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