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## **SOG for Hand Washing - During the Phased return to research at UNTHSC in regard to recent events concerning COVID -19**

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of COVID -19. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.

**Purpose:** Describes the correct method for hand washing for laboratory workers and visitors.

**Scope:** Applies to all research personnel who are or might come in contact with organism

**Responsibility:** Everyone who work in the laboratory should understand and practice proper hand washing, regardless of their job or activities in the lab.

### **Materials :**

Sink

Water

Soap

Single-use paper towels

Trash can (preferably with a lid)

### **Procedure:**

Procedure to be completed before the beginning of work, after each break, at the end of the day and at any other time hands become dirty.

Follow these five steps every time.

1. Wet your hands with clean, running water (warm or cold), 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. Throw the paper towel in the trash can.



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**Reference:**

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

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