

Living Safely

with disabilities and special health needs

Washing Hands with Soap and Water



Children's
Specialized Hospital®

An RWJBarnabas Health facility



It is important for me to follow five steps every time I wash my hands.

First, I wet my hands with clean, running water - warm or cold.

I turn off the tap and apply soap.



Second, I rub my hands so that they are soapy.

I rub the backs of my hands, between my fingers, and under my nails.

Third, I scrub my hands for at least 20 seconds. If I need a timer, I can hum the “Happy Birthday” song or the ABC song from beginning to the end, twice.



Fourth, I rinse my hands well under clean, running water.



Fifth, I grab a towel to turn off the faucet.

After I washed my hands, I dry them using a clean towel or I can air dry them.

For more Living Safely resources, visit www.rwjbh.org/cshlivingsafely

We value the expertise of our partners in safety who have demonstrated their commitment to inclusive healthy communities.

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