1. Turn on warm water and wet hands and wrists.
2. Lather hands and wrists with soap for 20 seconds. Wash the backs of hands, wrists and between fingers.
3. Rinse hands and wrists under running water.
4. Dry hands and arms with disposable paper towels. Use a paper towel to turn off the water and open the exit door.

For more information, contact Jimo Ibrahim, Ph.D., agriculture health and safety specialist, at jimoi@ncat.edu.