



# Clean Means Business

A Guide for Healthy Workspaces

## We All Have a Role to Play

Sometimes the smallest habits, like frequent handwashing, can make the biggest impact in keeping us all safe and healthy.

**Here's the best way to get rid of those germs!**



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to scrub the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds.



**Rinse** your hands thoroughly under running water.



**Dry** with a clean towel or air drier.

**Do your part.**  
Encourage others to clean their hands, too!

Source: Centers for Disease Control and Prevention



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