

# Janitorial Safety Tip Sheet

A series of health and safety tips to prevent work-related injuries in the janitorial industry



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## Protect yourself from COVID-19:

### Wash Your Hands!

Handwashing is the most effective way to prevent the spread of germs. Clean hands can stop germs from spreading and protect your community.

### Wash your hands often— especially when you are likely to get 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
- **Before and after** sanitizing surfaces – before touching a surface that has been sanitized; after touching a surface that hasn't been cleaned yet
- **After cleaning** bathrooms
- **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 or emptying trashcans

### Five Steps to Wash Your Hands the Right Way, Every Time:

1. **Wet** your hands with clean, running water (warm or cold) and apply soap.
2. **Lather** your hands including the backs of your hands, between your fingers, and under your nails with the soap.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.

### Use Hand Sanitizer When You Can't Use Soap and Water

If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. **Sanitizers can quickly reduce the number of germs on hands in many situations. However, sanitizers do not** get rid of all types of germs. To use hand sanitizer:



1. Apply the gel product to the palm of one hand.
2. Rub your hands together.
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.