

When And How To Wash Your Hands Quiz Sheet

Name: _____ Date: _____ Score: _____

TRUE OR FALSE

- T ___ F ___ 1. Hands can be washed with cold water.
- T ___ F ___ 2. If you are taking a break to smoke, you should wash your hands before handling food.
- T ___ F ___ 3. When washing your hands, you should scrub them with soap and a hand towel.

MULTIPLE CHOICE

- ___ 1. You should wash your hands before
- a. sneezing.
 - b. touching your hair.
 - c. taking out the garbage.
 - d. starting work for the day.
- ___ 2. When washing your hands, you should scrub them for at least
- a. 5 to 10 seconds.
 - b. 10 to 15 seconds.
 - c. 15 to 20 seconds.
 - d. 20 to 25 seconds.

EXERCISE

Place the following handwashing steps in the proper order by putting a number in front of each step?

- ___ Apply soap.
- ___ Vigorously scrub hands and arms for at least 10 to 15 seconds.
- ___ Dry hands and arms with a single-use paper towel or warm-air hand dryer.
- ___ Rinse your hands and arms thoroughly under running water.
- ___ Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).

When And How To Wash Your Hands Quiz Sheet Answers

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TRUE OR FALSE

- T ___ F X 1. Hands can be washed with cold water.
- T X F ___ 2. If you are taking a break to smoke, you should wash your hands before handling food.
- T ___ F X 3. When washing your hands, you should scrub them with soap and a hand towel.

MULTIPLE CHOICE

- d 1. You should wash your hands before
- a. sneezing.
 - b. touching your hair.
 - c. taking out the garbage.
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- b 2. When washing your hands, you should scrub them for at least
- a. 5 to 10 seconds.
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 - c. 15 to 20 seconds.
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EXERCISE

Place the following handwashing steps in the proper order by putting a number in front of each step?

- 2 Apply soap.
- 3 Vigorously scrub hands and arms for at least 10 to 15 seconds.
- 5 Dry hands and arms with a single-use paper towel or warm-air hand dryer.
- 4 Rinse your hands and arms thoroughly under running water.
- 1 Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).