

Proper Hand Washing for Food Handlers

Hand washing is one of the primary methods used to help prevent foodborne illness. Proper hand washing will reduce your risk of transmitting disease-causing microorganisms such as bacteria, viruses, and other agents to people who eat the food you handle. If you need to use hand sanitizer, always wash your hands first! Dirt, foods, or anything else on your hands makes the alcohol less effective. Do not use hand sanitizer in place of hand washing!



1

Remove jewelry, except for plain wedding bands.



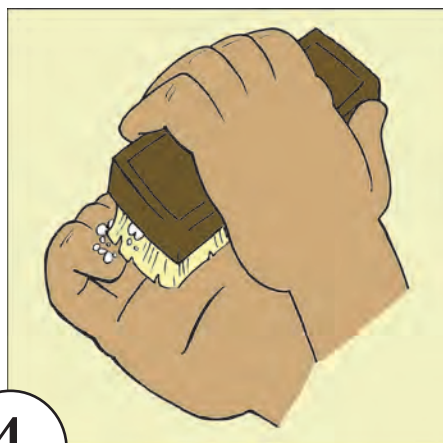
2

Use soap and warm running water.



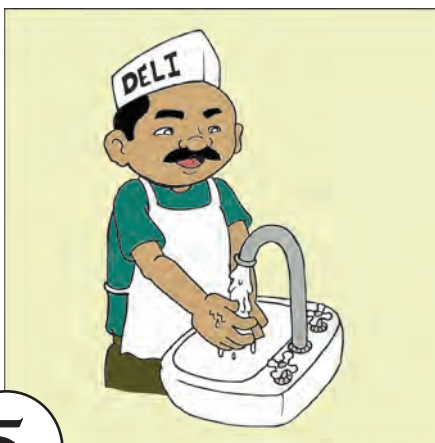
3

Lather your hands and arms up to your elbows with soap for 20 seconds (sing the Happy Birthday song twice).



4

Wash the backs of your hands and wrists, between fingers, and under fingernails using a nailbrush.



5

Rinse your hands and arms under warm running water.



6

Use a paper towel to turn off the water. Dry your hands and arms with clean, disposable paper towels. If you use a hand sanitizer, apply it now.

Wash your hands before:

- Entering a food service station
- Handling ready-to-eat or raw foods
- Touching serving utensils
- Putting on new gloves
- Handling different foods
- Serving foods

Wash your hands after:

- Visiting the restroom
- Touching bare human body parts (ears, nose, hair, etc.)
- Handling garbage
- Working with raw foods
- Handling cleaning chemicals
- Doing other activities that dirty your hands

Germ Farm



Scrub'em!

www.1st-in-handwashing.com

Six stage handwashing technique



1. Palm to palm



2. Backs of hands



3. Interdigital spaces



4. Fingertips



5. Thumbs and wrists



6. Nails

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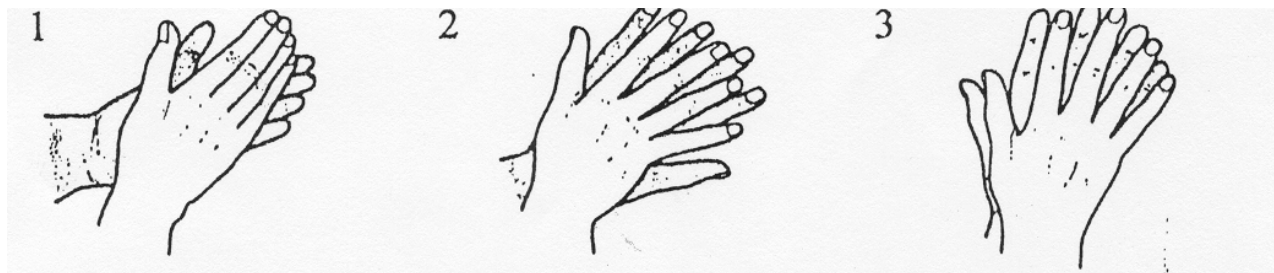
Hand Washing and Good Hygiene Procedures

- **Effective handwashing is an important method of controlling the spread of infections, especially those that can cause diarrhoea and vomiting.**
- **Always wash hands after using the toilet and before eating and handling food. Use warm running water and a mild, preferably liquid soap. Sinks and toilets must be kept clean.**
- **Rub hands together vigorously until a soapy lather appears and continue for at least 15 seconds ensuring that all surfaces are covered.**
- **Rinse hands under warm running water and dry hands with a hand dryer or clean towel (preferably paper)**
- **Discard disposable towels in a bin. Bins with foot – pedal operated lids are preferable.**

The following six steps describe the best way to; effectively wash your hands.

Handwashing Technique:

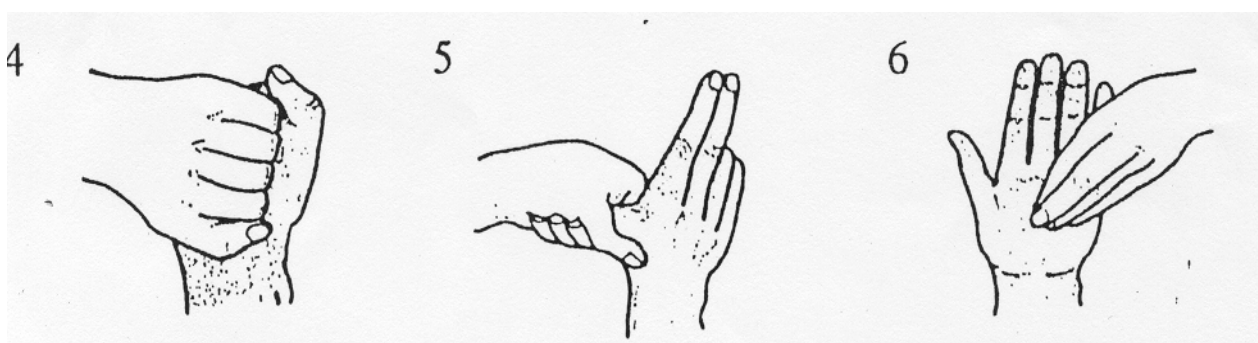
The following technique is recommended and need only take 20 seconds.



Palm to palm.

Right palm over left.
Left palm over right.

Palm to palm, fingers
interlaced.



Back of fingers to
opposing palms with
fingers interlaced.

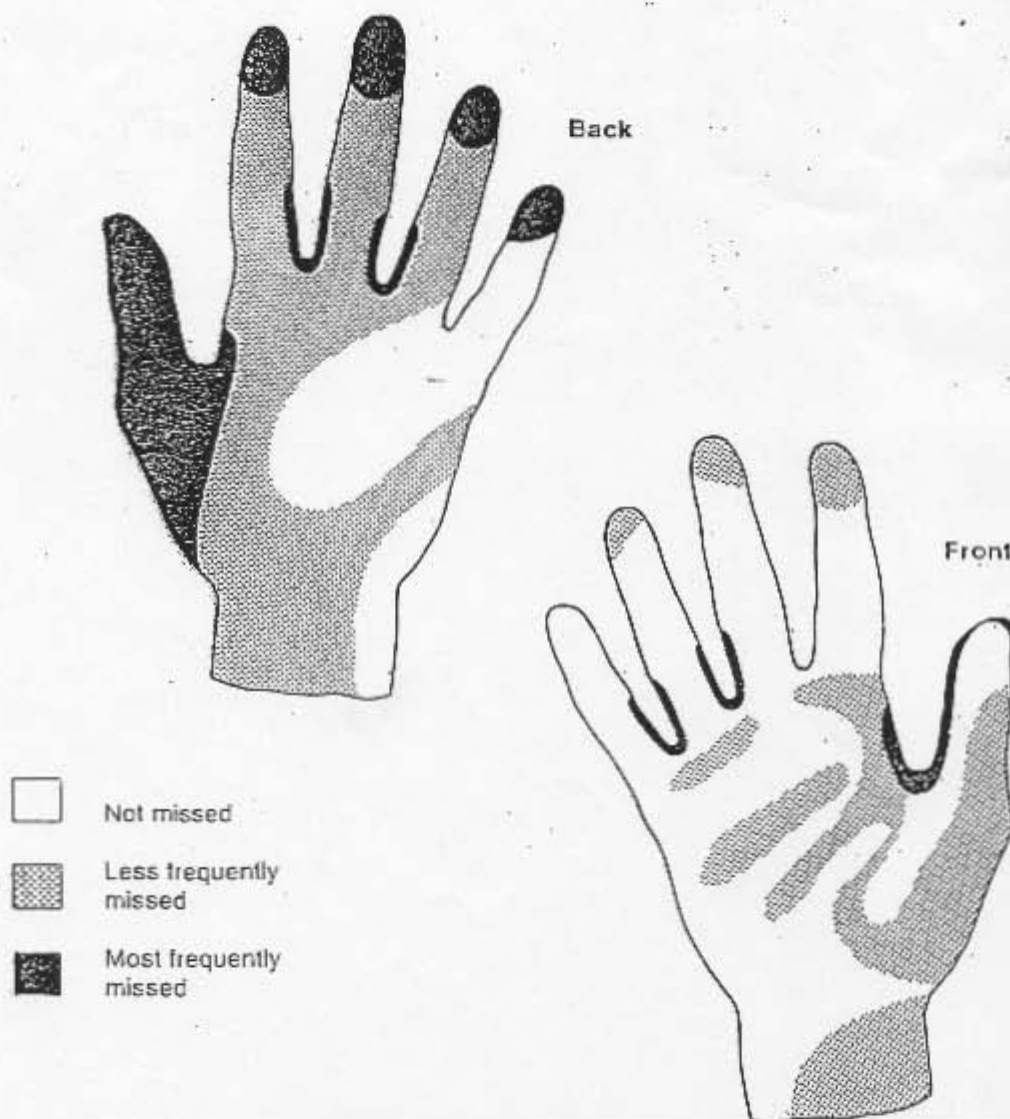
Rotational rubbing of
right thumb clasped over
left palm and vice-versa.

Rotational rubbing back-
wards and forwards with
fingers of right hand in
palm of left, and vice-
versa.

Thorough rinsing under running water is an important part of the procedure. Finally, dry the hands thoroughly on paper towels -this also helps to prevent soreness.

HANDWASHING

AREAS MOST COMMONLY MISSED FOLLOWING HANDWASHING



Proper Handwashing Procedure



1. Wet hands and wrist. Apply soap.



2. Right palm over left, left over right.



3. Palm to palm, fingers interlaced.



4. Back fingers to opposing fingers interlocked.



5. Rotational rubbing of right thumb clasped in left palm and vice versa



6. Rotational rubbing backwards and forwards with tops of fingers and thumb of right hand in left and vice versa.



MAKE IT A HABIT TO WASH YOUR HANDS WITH SOAP AND WATER.

