

# HANDOUT

## Handwashing Procedure

Below is proper handwashing procedure.

Clean hands and exposed portions of arms for at least 20 seconds by the following method:

1. Rinse under clean, warm running water at about 100 degrees F.
2. Apply soap and rub all surfaces of the hands and fingers together vigorously with friction for at least 10 to 15 seconds, giving particular attention to the area under the fingernails, between the fingers/fingertips, and surfaces of the hands and arms.
3. Rinse thoroughly with clean, warm running water.
4. Thoroughly dry the hands and exposed portions of arms with single-use paper toweling, a heated-air hand-drying device, or a clean, unused towel from a continuous towel system that supplies the user with a clean towel. Cloth towels are not permitted and do not use your apron or uniform.
5. Avoid recontamination of hands and arms by using a clean barrier, such as a paper towel, when turning off hand sink faucets or touching the handle of a restroom door.



## When to Wash Hands

Required to use a double handwashing procedure? Repeat steps 1-3.

Bacteria and viruses can travel easily from one person to another or from people to food and food contact surfaces. Therefore, it is important to wash hands frequently and after any task that may potentially contaminate your hands.

### Always wash your hands:

- Before beginning your work shift
- After handling money
- When entering a food preparation area
- After touching bare human body parts, i.e. body, face, hair
- Before putting on clean, single-use glove for working with food and between glove changes
- After using the toilet
- Before engaging in food preparation
- After coughing, sneezing, blowing your nose or using tobacco
- Before handling clean equipment and serving utensils
- After eating or drinking
- When changing tasks and switching between handling raw foods and RTE foods
- After handling soiled dishes, equipment, or utensils

**Bottom line - if you touch anything else that may contaminate your hands, wash them. Think about it!!**