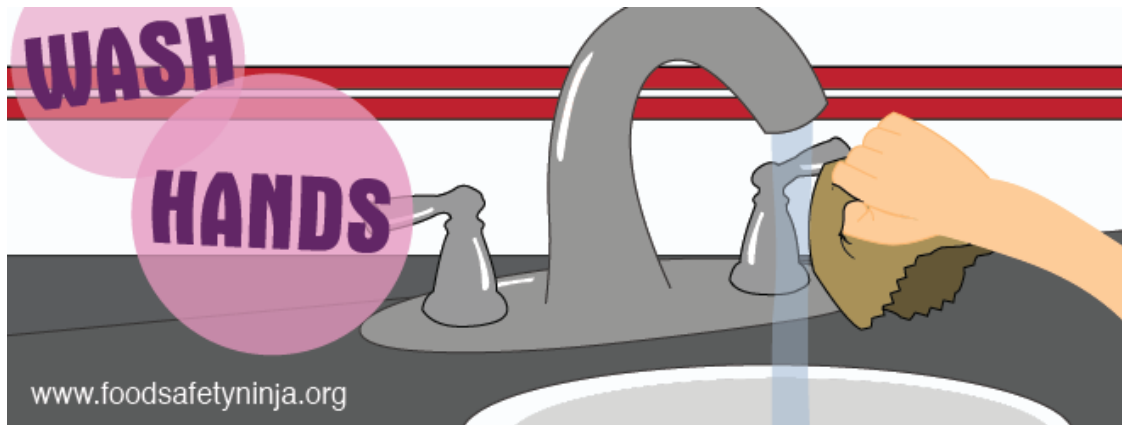


# Hand Washing Procedures For Food Employees



Hand Washing is the **SINGLE** most important factor in preventing the spread of foodborne illness. Hand washing facilities must be easily accessible in the work areas and kept clean. The hand washing facilities must always have soap, disposable towels, and hot and cold water. A waste receptacle must be provided to discard used paper towels.

Rings, watches, and bracelets are not permitted to be worn by food employees. Artificial finger nails and/or nail polish are not permitted.

## How Should You Wash Your Hands?

How you wash your hands is just as important as when you wash them. Just rinsing them quickly is not enough. Proper hand washing procedure takes 20 seconds:

1. Wet hands under hot running water of at least 100°F
2. Apply soap and build a good lather
3. Scrub hands vigorously for 10 – 15 seconds under running water
4. Rinse thoroughly under running water
5. Use the single use paper towel to dry hands
6. Use the paper towel to turn the faucet off

## When Should You Wash Your Hands?

When you start your shift	After you handle garbage
Before you put gloves on	After you sweep or mop
When you change tasks	Between handling different types of foods
After you use the restroom	After you eat, drink, or smoke
After you remove your gloves	After you cough or sneeze
After you touch your face, hair or clothing	After handling dirty utensils and equipment