

Proper Handwashing Fact Sheet

You should follow these five steps to wash your hands properly. The hand washing process should take approximately 20 seconds.

Washing your hands properly is one of the most important things you can do to keep microorganisms from contaminating food.

You should wash your hands before you start work and after the following activities:

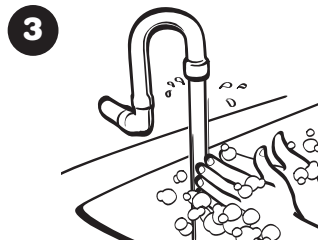
- Using the restroom
- Handling raw meat, fish, or poultry (before and after)
- Touching your hair, face, or body
- Sneezing, coughing, or using a tissue
- Smoking, eating, drinking, or chewing gum or tobacco
- Handling chemicals that might affect the safety of the food
- Taking out garbage
- Clearing tables or bussing dirty dishes
- Touching clothing or aprons
- Touching anything else that may contaminate hands such as unsanitized equipment, work surfaces or wash cloths



1 Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).



2 Apply soap.



3 Vigorously scrub hands and arms for at least 10-15 seconds. Clean under fingernails and between fingers.



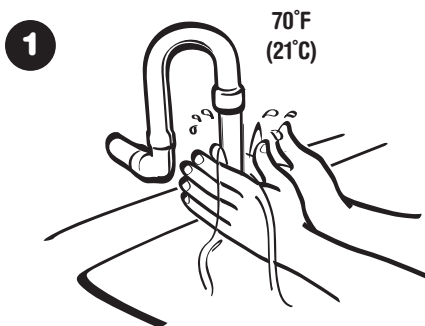
4 Rinse thoroughly under running water.



5 Dry hands and arms with a single-use paper towel or warm-air hand dryer. Use a paper towel to turn off the faucet; use a paper towel to open the door.

What Did Bill Do Wrong?

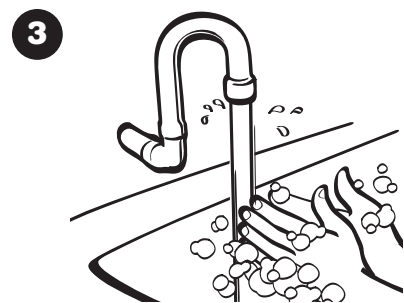
Directions: Bill is washing his hands after handling raw chicken. Circle each step in which he makes a mistake and explain his mistake in the space provided.



Bill wets his hands with running water.



Bill puts soap on his hands.



Bill scrubs his hands and arms for 5 seconds.



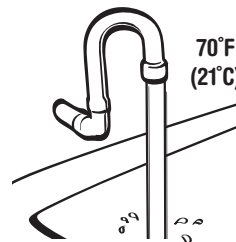
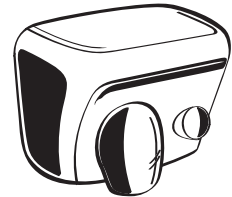
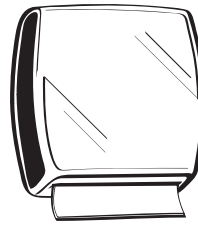
Bill rinses thoroughly under running water.



Bill dries his hands on his apron.

The Right Tools for the Job

Directions: Dave needs to wash his hands. Look at the equipment below and circle the items that can help him do a good job.



To Wash or Not to Wash

Directions: Circle each activity that would require the employee to wash his or her hands immediately afterward.



Proper Handwashing Fact Sheet Optional Activity Answers

1. What Did Bill Do Wrong?

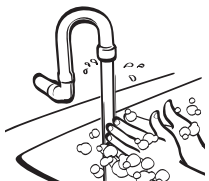
You should have circled steps 1, 3, and 6. Bill made the following mistakes:



He wet his hands with water that was not hot enough. The temperature of the water was 70°F (21°C), when it should have been at least 100°F (38°C).



He dried his hands improperly. Bill dried his hands on his apron, possibly recontaminating them. He should have dried them using a single-use paper towel or a warm-air hand dryer.



He did not spend enough time scrubbing his hands and arms with soap. Bill scrubbed for only 3 seconds when he should have spent at least 10-15 seconds performing this important step.

2. The Right Tools for the Job

The following equipment can help Dave wash his hands properly:



Single-use paper towels. They can provide Dave with a safe way to dry his hands.



Soap

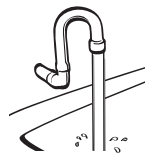


A warm-air hand dryer. It provides Dave with another means of drying his hands.

The following equipment are poor choices for Dave:



A common hand towel. If Dave dries his hands on this, he could recontaminate them.



Water at 70°F (21°C). This temperature is not high enough to help Dave do a good job. Water temperature for handwashing should be at least 100°F (38°C).

3. To Wash or Not to Wash



Activities 1 through 5 require the employee to wash his or her hands immediately afterward. Activity 6 does not require handwashing since the long-handled spoon minimizes the risk of hand contact with the food.