

HAND HYGIENE

PREVENTING FOODBORNE ILLNESS STARTS HERE.

Wash your hands before

- Food prep
- Working with clean utensils/equipment
- Putting on gloves



Wash your hands after

- Using the bathroom
- Leaving your work station
- Touching: body, phone, money, chemicals, dirty equipment, and anything else that can contaminate hands
- Coughing, sneezing, using a tissue
- Changing tasks
- Taking out garbage



How to wash your hands

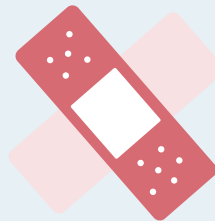
1. Wet hands and arms with running water
2. Apply soap, build up a lather
3. Scrub hands and arms vigorously for 10–15 seconds– clean fingertips, between fingers and under fingernails
4. Rinse hands and arms thoroughly with warm running water
5. Dry hands and arms with a clean paper towel



Total process should take 20 seconds

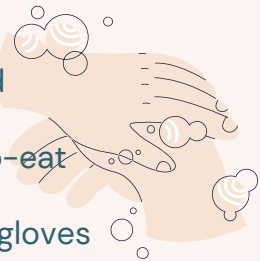
Hand care

- Keep nails short and clean
- No fake nails or nail polish
- Cover cuts, wounds and boils with a cover and glove



Single-use gloves

- NOT a replacement for hand washing
- Use when handling ready-to-eat foods
- Wash hands before putting gloves on
- Select correct glove size
- Avoid touching gloves as much as possible
- Use for one task, then change
- Change gloves if they become dirty or ripped



Hand sanitizer

- NOT a replacement for hand washing
- Use after washing hands

