



HANDWASHING

Introduction	Lack of adequate handwashing is a major contributing factor to foodborne illness. Many bacteria and viruses that cause foodborne illnesses can be transferred to food from contaminated hands
Critical violation	Improper handwashing, lack of soap, towels, or hot and cold running water is a major violation.
Proper handwash facilities	Maintain proper handwash facilities and set an example to encourage employees to practice good personal hygiene. <ul style="list-style-type: none">• Provide an accessible handwash sink with hot and cold running water. Do not use the sink to store kitchen items.• Provide soap and paper towels. Check dispensers on a regular basis, and keep extra supplies on hand.• Post handwash signs to remind employees to wash hands frequently.• Train employees in proper handwash techniques. Explain why handwashing is important to food safety. Monitor employees to ensure good personal hygiene is practiced.
Handwashing procedure	Proper handwashing is the cheapest and easiest way to help prevent foodborne illness and it is every employee's responsibility. <u>Follow these simple steps:</u> <ol style="list-style-type: none">1. Wet hands and arms with warm water.2. Use an antibacterial soap and lather hands and arms.3. Wash hands and arms thoroughly.4. Wash for about 10-15 seconds.5. Rinse thoroughly under warm running water.6. Dry hands with a paper towel or a hot air dryer. Do not use cloth towels.
When should handwashing be done?	<u>Always wash hands:</u> <ul style="list-style-type: none">• After using the toilet.• After coughing, sneezing, eating, drinking, smoking, or touching your skin or hair.• After handling soiled equipment or utensils.• Immediately before starting any food preparation and after breaks.• During food preparation as often as necessary to prevent contamination – especially when working with raw foods and changing tasks.• When using disposable gloves, the same rules apply. Remember: wash hands prior to wearing gloves and wash or change gloves after breaks, touching raw foods, changing tasks, etc.