



IF YOU DON'T HAVE SAFE HANDS, YOU DON'T HAVE SAFE FOOD.

HANDWASHING IS THE KEY

According to the 2005 FDA Food Code – “Food employees shall clean their hands and exposed arms by vigorously rubbing together for at least 20 SECONDS. Employees shall pay particular attention to the areas UNDERNEATH the FINGERNAILS and between the fingers.” It also recommends “*no bare hand contact with ready-to-eat foods.*”

FOLLOW THESE STEPS TO PROFESSIONAL HAND HYGIENE:

<p>1</p> <p>Wet your hands first with warm water (approx. 100°F)</p>	<p>2</p> <p>Apply soap to wet hands</p>	<p>3</p> <p>Lather for 10-15 SECONDS with FRIC-TION. Backs of hands /between fingers / wrists (whole process = 20 sec.)</p>	
<p>4</p> <p>Super scrub the fingertips & nails – Use the “CLAW PAW” method or a nailbrush</p>	<p>5</p> <p>Rinse off soap & DO NOT recontaminate hands at faucet or towel dispenser</p>		<p>6</p> <p>Dry hands thoroughly. Put on GLOVES or USE UTENSILS if handling READY-TO-EAT FOODS</p>

WHEN TO WASH HANDS AND CHANGE GLOVES:

- After using the restroom.
- Before handling food and between raw food types (i.e. raw meats/raw fruits & vegetables).
- Returning from breaks or changing food handling tasks.
- After touching the body, coughing, sneezing, using a tissue, eating, smoking, or drinking.
- After handling soiled equipment or utensils, money, handling garbage, or using the phone.

WHO CAN HELP: Resources & websites for handwashing education

USDA/FDA Foodborne Illness Education – Handwashing http://peaches.nal.usda.gov/foodborne/fbindex/handwashing.asp	Hand Hygiene in Retail & Food Service Estab.—FDA http://vm.cfsan.fda.gov/~comm/handhyg.html
Handwashing Leadership Forum (info for the food industry) http://www.handwashingforlife.com/	NSF Scrub Club—NSF International http://www.nsfconsumer.org/kids/kids_scrubclub.asp
Handwashing links – Centers for Disease Control (CDC) http://www.cdc.gov/foodsafety/hotwash.htm	Consumer Advice / Handwashing - Food Safety.gov http://www.foodsafety.gov/~fsg/handwash.html

If you have questions about food safety or handwashing, email: sms@foodhandler.com

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