

# Keep Hands Clean With Good Hygiene

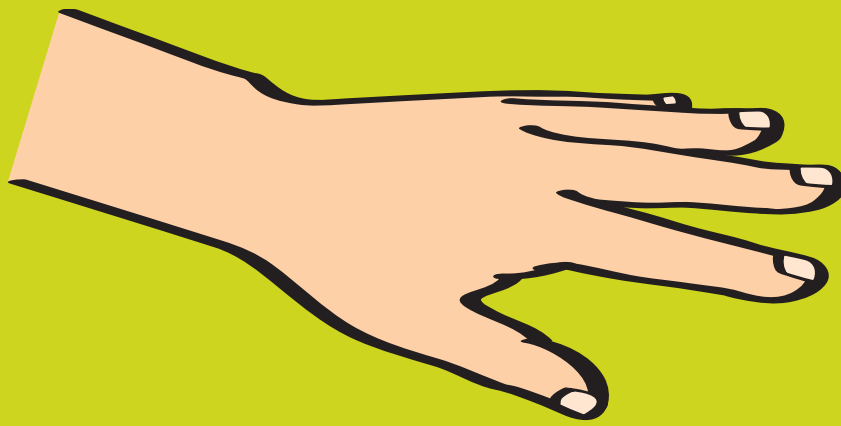


## Proper Handwashing

Follow the six steps when washing your hands. Always wash them before you start work and after touching anything that may contaminate them.

## Proper Hand Maintenance

Keep your fingernails short and clean. Cover cuts and sores with bandages and clean gloves. Remove nail polish and don't wear false nails.



## Proper Use of Gloves

Wash your hands before putting on gloves and when changing to a fresh pair. Change gloves when they become soiled or torn, when you start a different task, and at least every 4 hours during continual use.



## Personal Cleanliness & Proper Attire

Start by bathing or showering before coming to work. Wear clean clothes, wear a hair restraint, and remove your jewelry.



## Employee Illness

Never handle food when you're sick. Tell your manager if you show signs of illness, especially if you have been diagnosed with a foodborne illness.



National Food Safety Education Month™  
National Restaurant Association Educational Foundation



National Restaurant Association  
EDUCATIONAL FOUNDATION

[www.nraef.org](http://www.nraef.org)