

Week 2: Preventing Cross-Contamination Through Handwashing

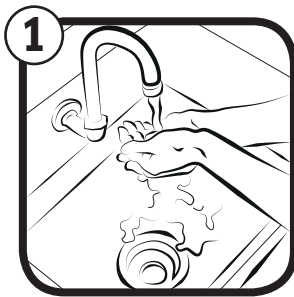
Every day our hands touch surfaces covered with pathogens that we cannot see. Even healthy people can spread pathogens. For this reason, handwashing is the most important part of personal hygiene. While it may seem basic, food handlers must wash their hands correctly and as often as needed to prevent the hands from becoming a vehicle for cross-contamination. Here are some tips for handwashing.

Where to Wash Hands

Hands should be washed in a sink designated for handwashing. Do not wash hands in sinks for food prep, dishwashing, or utility services.

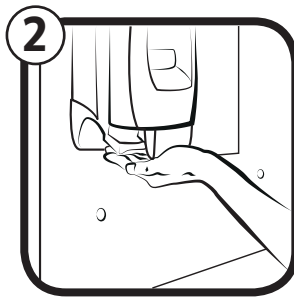
How to Wash Hands

Follow these steps to wash hands or prosthetic devices correctly. The whole process should take about 20 seconds.

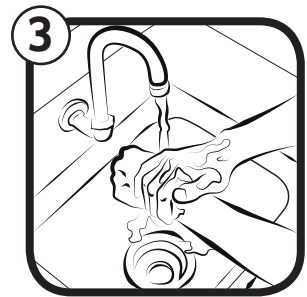


Wet hands and arms.

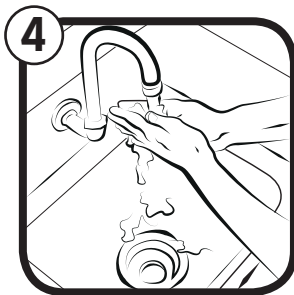
Use running water as hot as you can comfortably stand. It should be at least 100°F (38°C).



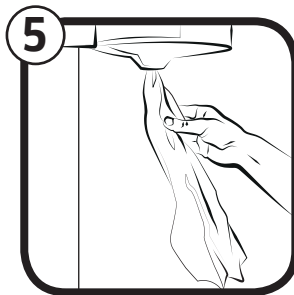
Apply soap. Apply enough to build up a good lather.



Scrub hands and arms vigorously. Scrub them for 10 to 15 seconds. Clean under fingernails and between fingers.



Rinse hands and arms thoroughly. Use running warm water.



Dry hands and arms. Use a single-use paper towel or a hand dryer. Consider using a paper towel to turn off the faucet and to open the door when leaving the restroom.

Be Safe, Don't Cross-Contaminate

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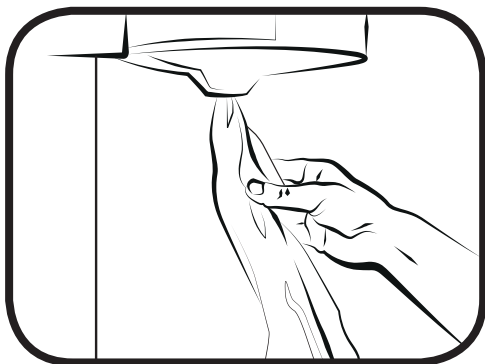
When to Wash Hands

Food handlers must wash their hands before starting work. Hands must also be washed after the following activities:

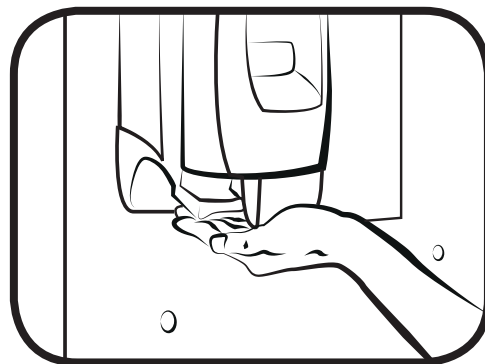
- Using the restroom
- Handling raw meat, poultry, and seafood (before and after)
- Touching the hair, face, or body
- Sneezing, coughing, or using a tissue
- Eating, drinking, smoking, or chewing gum or tobacco
- Handling chemicals that might affect food safety
- Taking out garbage
- Clearing tables or busing dirty dishes
- Touching clothing or aprons
- Handling money
- Leaving and returning to the kitchen/prep area
- Handling service animals or aquatic animals



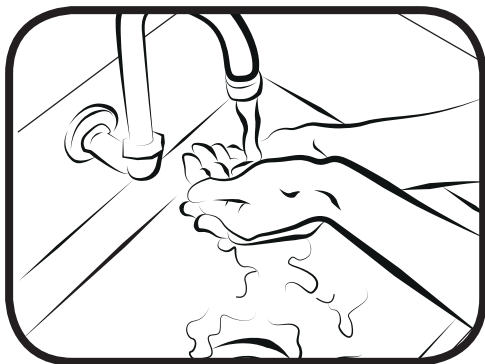
Directions: Put the handwashing steps in order by placing the correct number for each step in the space provided.



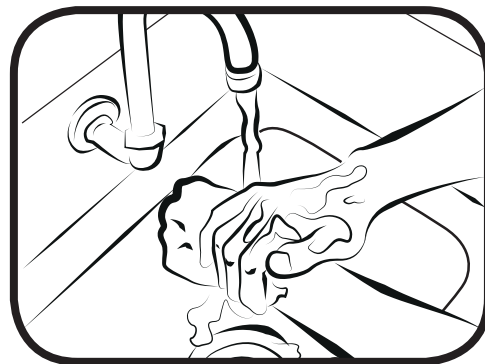
Dry hands and arms.



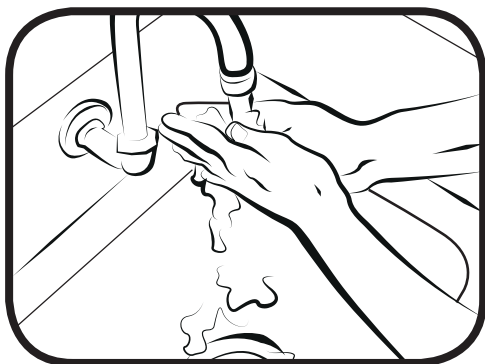
Apply soap.



Wet hands and arms.



Scrub hands and arms vigorously.



Rinse hands and arms thoroughly.

Be Safe, Don't Cross-Contaminate

Week 2 | Activity 2: Glo Germ™

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Directions: Glo Germ™ is a harmless liquid that glows when you shine a black light over it. This exercise will reveal how well you wash your hands.

- Apply Glo Germ™ to your hands. Rub it in well, making sure to get it in between fingers.
- Wash your hands. Try to remember the correct steps for handwashing.
- When you are done washing your hands, turn off the lights and hold a black light over each hand to see how effectively you washed.
- Review the importance of handwashing as well as how to correctly wash hands.

