

Week 2 Be Safe, Don't Cross-Contaminate

Preventing Cross-Contamination Through Handwashing

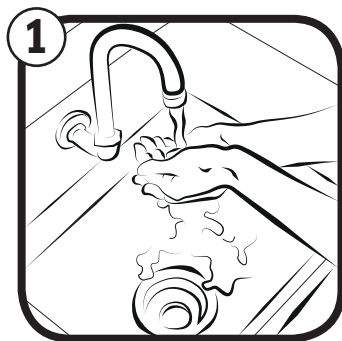
NATIONAL
**FOOD
SAFETY**
MONTH
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Every day our hands touch surfaces covered with pathogens that we cannot see. Even healthy people can spread pathogens. For this reason, handwashing is the most important part of personal hygiene.

How to Wash Hands

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

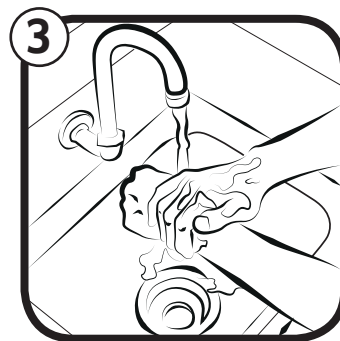


1 Wet hands and arms.

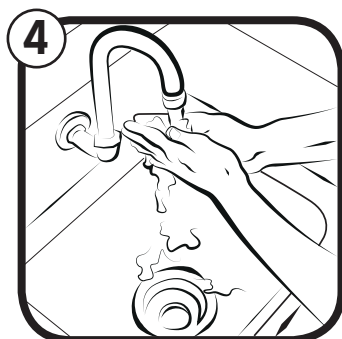
Use running water as hot as you can comfortably stand. It should be at least 100°F (38°C).



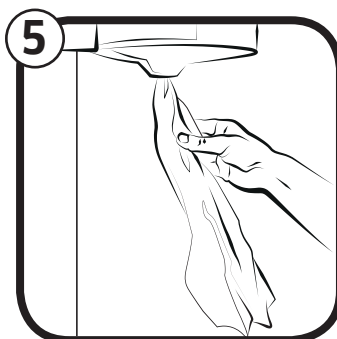
2 Apply soap. Apply enough to build up a good lather.



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



4 Rinse hands and arms thoroughly. Use running warm water.



5 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.