



Food Safety Fact Sheet - Handwashing

INTRODUCTION

Handwashing is the most important practice for keeping food safe in any food service environment. Child nutrition staff can best protect the safety of themselves and their customers by washing their hands frequently, correctly, and at the appropriate times.

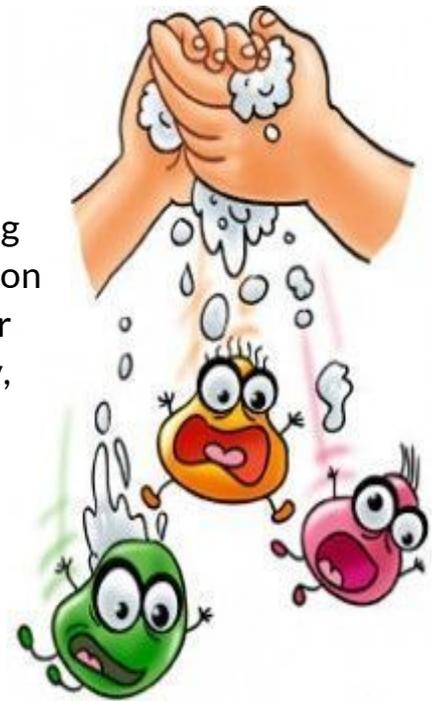
HERE ARE THE FACTS

Foodborne illnesses are transmitted by food handlers that contaminate food and food contact surfaces.

Individuals who handle food when they are sick or are around someone who is ill can pass along those illnesses. Individuals can simply touch a surface that is contaminated with a bacteria or virus and pass that along to others.

Proper handwashing significantly reduces the risk of passing along bacteria or viruses that can cause foodborne illnesses to co-worker and customers.

It is important to know how and when to wash hands and exposed areas of the arms.



PROPER HAND WASHING STEPS

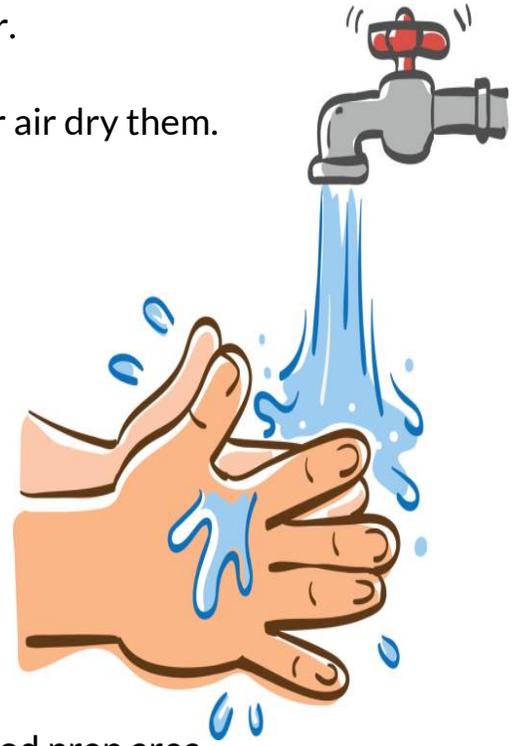
1. **Wet** your hands with clean, running warm water, turn off the tap, and apply soap.
2. **Lather** your hands and forearms with the soap. Do not skip the backs of your hands, between your fingers, and your finger nails.



3. **Scrub** your hands with soap for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean, disposable towel or air dry them.

KEY TIMES TO WASH YOUR HANDS

- At the beginning of a work shift and when returning from any breaks.
- When moving from one food preparation task or area to another.
- After removing disposable gloves and before putting on a new pair



After

- Using the restroom AND before return to a food prep area
- Using a handkerchief or tissue when sneezing or coughing
- Touching hair, face or body
- Eating, drinking, or chewing gum
- Handling raw meats, poultry, or fish
- Clean up activity such as sweeping, mopping, or wiping counters
- Touching dirty dishes, equipment, or utensils
- Handling trash
- Handling money
- Any time that hands may have become contaminated

Remember, follow state or local health department requirements.