

# Education Module

## Hand Washing

### Definition-

The majority of foodborne illness is transmitted by people. While it may appear fundamental, many food handlers fail to wash their hands properly and as often as needed. Never take this simple action for granted. You can help eliminate cross contamination from poor hygiene through frequent and proper hand washing with an effective cleansing agent.

### Information-

Wash your hands every time you enter the kitchen facility, use the restroom, eat, drink, clean, take out the garbage, handle raw food, touch your hair, face or body and after sneezing or coughing.

### Process for Proper Hand Washing-

1. Wet your hands with hot running water at hand wash sink.
2. Apply soap.
3. Rub hands together for at least twenty seconds.
4. Clean under fingernails and between fingers.
5. Rinse hands thoroughly under running water. Turn off water using a single use towel if available.
6. Dry hands with single use towel.
7. Always open door with towel when exiting a restroom or wash hands again before returning to work station.

### You Should Know

1. How often should you wash your hands?
2. Is it OK to wash hands in dish sink?
3. Can I use hand sanitizer instead of washing my hands?
4. Do have to wash my hands between glove changes?

