



# When and How to Properly Wash Hands

How to properly wash your hands. The entire process should take at least 20 seconds.

**Step 1: Wet Hands and arms with warm running water**

**Step 2: Apply soap. Make sure there is enough soap to build a good lather**

**Step 3: Scrub hands and arms vigorously for 10-15 seconds. Clean the fingertips, under fingernails, and between fingers**

**Step 4: Rinse hands and arms thoroughly with warm running water**

**Step 5: Dry hands and arms using a single use paper towel or hand dryer**

Food handlers must wash their hands after the following activities:

1. Using the restroom.
2. Touching the body or clothing.
3. Coughing, sneezing, blowing nose, or using handkerchief or tissue.
4. Eating, drinking, smoking or chewing gum or tobacco.
5. Handling soiled items.
6. Handling raw, meat, seafood, or poultry.
7. Taking out the garbage.
8. Handling service animals or aquatic animals.
9. Handling chemicals that might affect food safety.
10. Changing tasks (before beginning new task).
11. Leaving and returning to the kitchen/prep area.
12. Handling money.
13. Using electronic devices.
14. Touching anything else that may contaminate your hands such as dirty equipment, work surface areas, or cloths.

Hand antiseptics or Hand sanitizer can be applied after washing your hands just NEVER in place of hand washing. Make sure the antiseptic is dry before you touch food or equipment.

Fingernails should always be short and clean. Do Not wear false nails and do Not wear nail polish unless cleared by employer.