

## HANDWASHING



### Common Issues:

#### MISTAKE:

- × Touching dirty taps with clean hands

#### SOLUTION:

- √ Hands free levers

#### MISTAKE:

- × Wiping hands on tea towel or uniform

#### SOLUTION:

- √ Paper towel readily accessible and waste disposal bin nearby

#### MISTAKE:

- × Not using soap to wash hands just rinsing with water

#### SOLUTION:

- √ providing liquid soap in an easy to use pump pack or dispenser.

### MORE INFORMATION

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Hands carry bacteria and germs, and can transfer these from one surface to another.

If you are working with food it is likely your hands will be a source of contamination.

Unclean hands can be a cause of food borne illness. Clean tongs or similar equipment are recommended for handling food.

You should always wash your hands before working with any food. Remember, if you are wearing gloves, they also get dirty. Change them every time you touch something that will contaminate them, like handling money.

### How to effectively clean your hands

1. Use the designated hand wash basin (which must be accessible at all times and provided with soap and paper towel or air dryer);
2. wet hands;
3. use liquid soap (preferably anti-bacterial) with warm running water;
4. rub hands vigorously;
5. wash hands all over, including backs of hands, wrists, thumbs and between fingers and under finger nails for 15-20 seconds;
6. rinse hands well; and
7. thoroughly dry hands with a single use paper towel or air dryer.

### Am I required to use gloves?

Food handlers are **not required** to use gloves. If gloves are used, avoid contaminating food. You must only use them for one continuous task and then discard them. Gloves must be removed, discarded and replaced with a new pair:

- before handling food and before working with ready to eat food after handling raw food.
- after using the toilet, smoking, coughing, sneezing, using a handkerchief, eating, drinking or touching the hair, scalp or body.