

# Food Safety: Handwashing

Step 1: Turn on the faucet and wet hands thoroughly.



Step 2: Apply enough soap and rub palms together to ensure complete coverage.



Step 3: Spread the lather to the backs of hands.



Step 4: Scrub between fingers.



Step 6: Rinse hands thoroughly



Step 5: Pay attention to scrub the finger tips, underneath the finger nails, and thumbs.

Step 7: Dry off hands with a paper towel, and use the paper towel to turn off the faucet.

Keep away germs! Wash your hands for 20 seconds, a.k.a. how long it takes you to sing Happy Birthday twice, or your ABC's!!

## When should you wash your hands?

- Before starting work
- Before, during, and after preparing food
- Before switching between food items
- Before plating, serving, or handling food
- After using the bathroom or blowing your nose
- After handling garbage or waste
- After sneezing, coughing, touching your face, or rubbing your eyes