

HAND WASHING MANUAL



Hands are "carriers" of many types of pathogens that cause food poisoning. Food contamination originated from the hands of food handlers is a major cause of food poisoning. To prevent food poisoning, wash hands at the proper time and in the proper way.

When to wash your hands

- (1) Before starting work or when changing work assignments
- (2) After taking breaks (using the restroom or eating meals, etc.)
- (3) After touching a used duster
- (4) After touching your hair or face
- (5) After cleaning or touching a trash can
- (6) When waiting on a customer or thereafter (responding to phone calls, etc.)

Preparations before washing your hands


- Are your nails cut short enough?
- Are you wearing any nail polish?
- Have you removed your watch and rings?

<p>1</p> <p>Wet your hands completely with water.</p> 	<p>2</p> <p>Apply liquid hand soap to your</p> 	<p>3</p> <p>Wash palms and the underside of fingers.</p> 
<p>4</p> <p>Wash the back of hands and fingers.</p> 	<p>5</p> <p>Wash between and around the base of fingers.</p> 	<p>6</p> <p>Wash thumbs and around the base of thumbs.</p> 
<p>7</p> <p>Wash fingertips.</p> 	<p>8</p> <p>Wash wrists.</p> 	<p>9</p> <p>Rinse your hands in running water.</p> 
<p>10</p> <p>Fully wipe off all moisture using a paper towel. Do not share or reuse towels, etc.</p> 	<p>11</p> <p>Spray some alcohol formulation onto your hands. After directly applying disinfectant underneath and around nails, rub all over fingers.</p> 	

Washing hands twice is more effective. Repeat steps [2] - [9] a second time. Washing hands twice washes away germs and viruses.

Note

- Be sure to dry your hands completely, because if there is any moisture on your hands, they won't be sufficiently sterile with an alcohol solution.
- To prevent your hands from getting dirty again, turn off the faucet using a paper towel.
- If using a nailbrush, wash the brush and keep it clean.



Parts that tend to be more difficult to clean

- Fingertips
- Between Fingers
- Around the Thumb
- Wrists
- Folds of Hands

