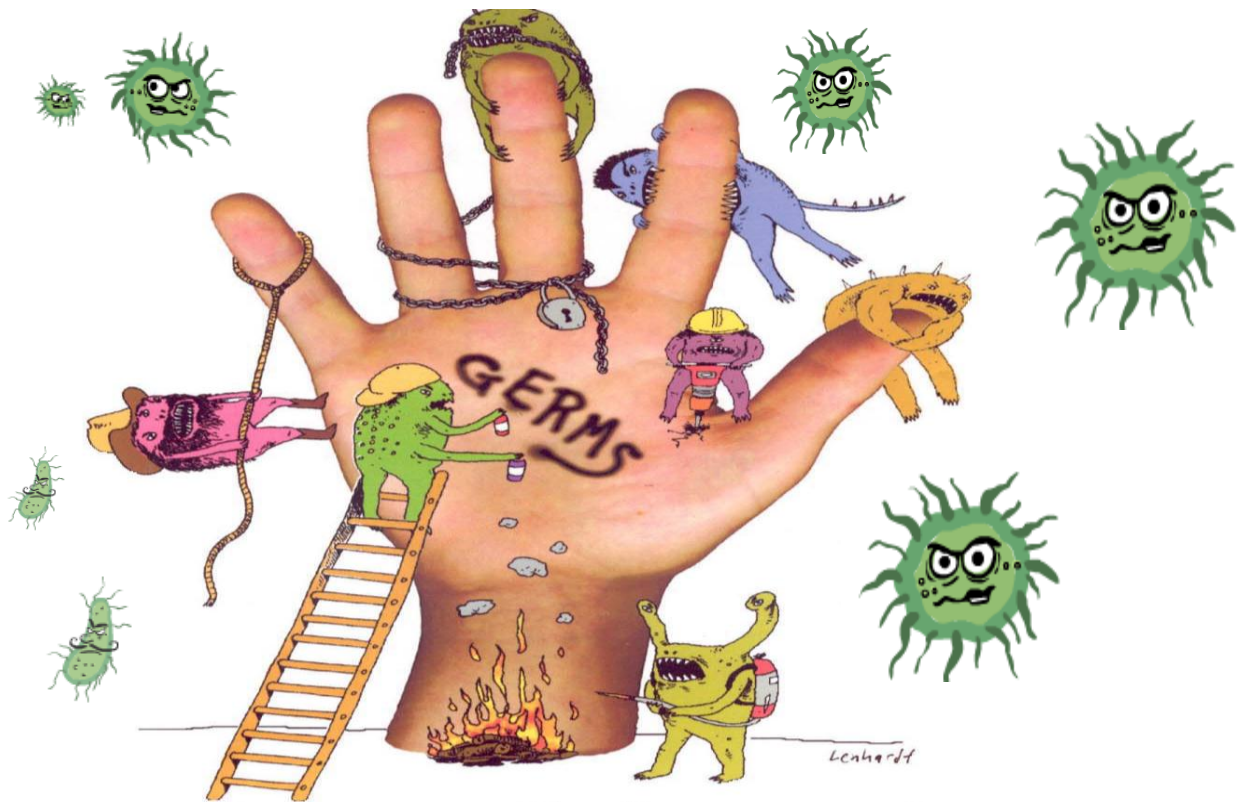


# Hand Washing



# GERM FARM



## Scrub'em!

[www.1st-in-handwashing.com](http://www.1st-in-handwashing.com)

dost



EAT  
safe



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Food Safety Team



**Clean hands?**

GLOWTEC

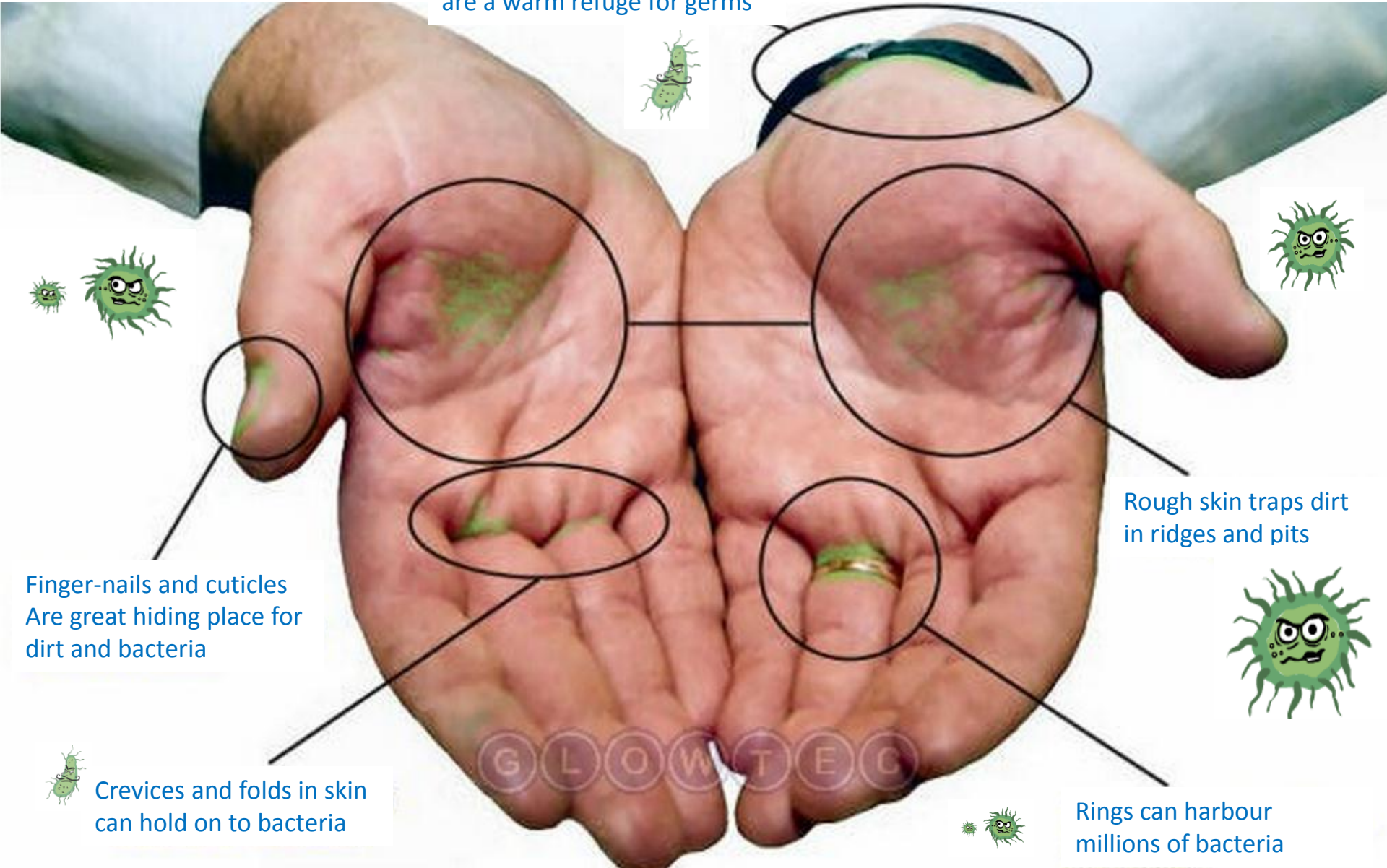
**dost**



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Watchstraps and bracelets  
are a warm refuge for germs



Finger-nails and cuticles  
Are great hiding place  
for dirt and bacteria

Rough skin traps dirt  
in ridges and pits

Crevices and folds in skin  
can hold on to bacteria

Rings can harbour  
millions of bacteria

# IMPORTANCE OF HANDWASHING

- Prevent food contamination
- Prevent the spread of food borne illnesses

# Hand Washing Basics



# WHEN HANDS SHOULD BE WASHED?

After using the restroom



# WHEN HANDS SHOULD BE WASHED?

Before and after handling raw food





# WHEN HANDS SHOULD BE WASHED?

After touching the hair, face or body



# WHEN HANDS SHOULD BE WASHED?

After sneezing, coughing or using a tissue



# WHEN HANDS SHOULD BE WASHED?

After smoking, eating, drinking, and  
chewing gum



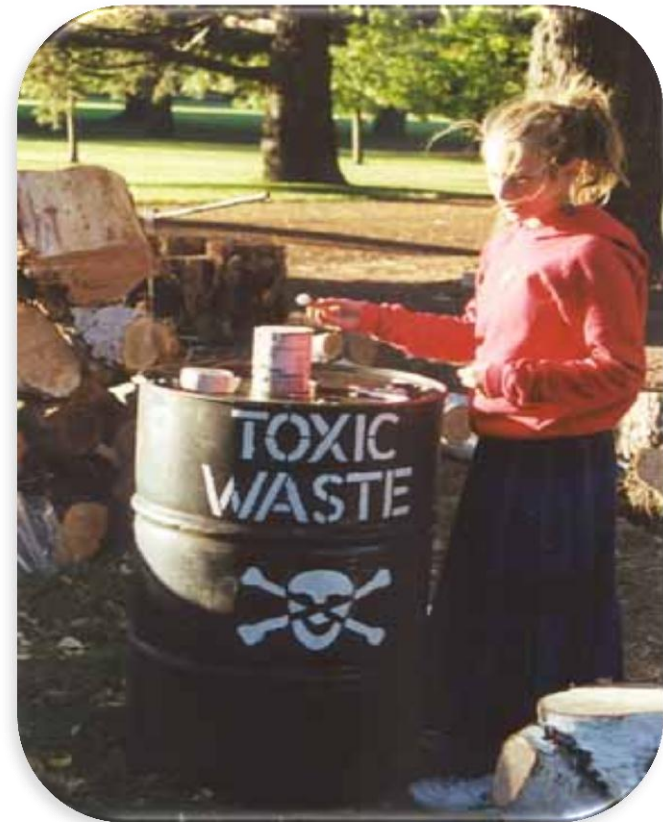
# WHEN HANDS SHOULD BE WASHED?

After using any  
cleaning, polishing  
or sanitizing  
chemical



# WHEN HANDS SHOULD BE WASHED?

After taking out the  
garbage or trash



# WHEN HANDS SHOULD BE WASHED?

After cleaning tables or collecting soiled dishes



# WHEN HANDS SHOULD BE WASHED?

After touching dirty aprons or clothing



# WHEN HANDS SHOULD BE WASHED?

After touching anything that may contaminate the hands, such as

- unsanitized equipment,
- work surfaces or
- cleaning materials





# Hand Washing Procedure

## STEP 1:

Wet hands with running potable water (preferably hot)

- Use water as hot as the hands can comfortably stand.
- Approximately 43°C (110°F).



# HANDWASHING PROCEDURE

## STEP 2

Apply enough soap to build up a good lather.

- Use liquid soap



# HANDWASHING PROCEDURE

## STEP 3

Rub hands together for at least 20 seconds.

- One fun way to teach this is to have the employee sing “Happy Birthday” twice while lathering their hands up to the elbows.



# HANDWASHING PROCEDURE

## STEP 4

Clean under fingernails and between fingers.



# HANDWASHING PROCEDURE

## STEP 5

Rinse hands thoroughly under running water.



# HANDWASHING PROCEDURE

If the faucet is not automatic, turn it off with the ELBOWS or use a DISPOSABLE PAPER TOWEL.



# HANDWASHING PROCEDURE

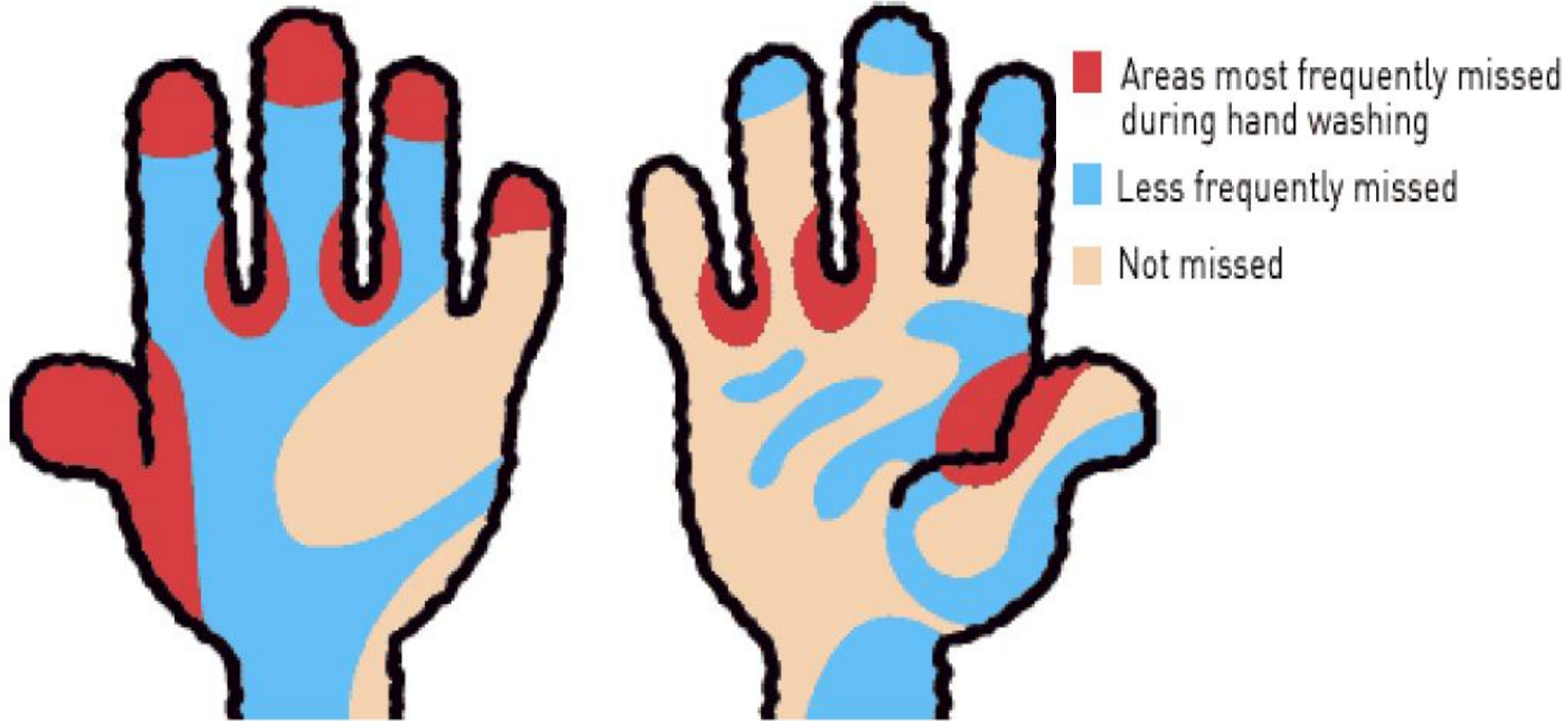
## STEP 6

### Dry hands.

- Hands should be dried with clean, single use, disposable paper towels or hot air blow dryer.



# MISSED AREAS DURING HANDWASHING





# Hand Washing Station



- **Location must be convenient and accessible by the employees**
- **Must be functional, used only for hand washing, stocked and maintained.**
- **It is a must for food preparation, service, equipment washing and restroom areas**

# HANDWASHING STATION

- Should have hot potable running water
  - ❖ 110°F (43°C) water must be available



# HANDWASHING STATION

Soap must be in liquid form



# HANDWASHING STATION

- To dry the hands, use:
  - disposable paper towels



# HAND SANITIZERS

- Specially made liquids used to lower the number of microorganisms on the skin surface



# HAND SANITIZER

- It may be used after washing the hands
- Sanitizer should never be used to replace proper hand washing

# Visual Guide

- Strategically placed signs or posters may be helpful in reminding employees to wash their hands.



# "Hand Washing Quotable Quotes"

*"Its not that people don't wash their hands. They simply don't know how to wash their hands properly".*

*"Hand washing is the single most important means of preventing the spread of infection."*

-Centers for Disease Control and Prevention (CDC).



# Hand washing Trivia



***Around 20% of women and 40% of men don't wash their hands after using a public loo!***

***90% of germs on hands are found under the nails.***



***The number of bacteria can double in 20 minutes and after one day without hand washing; a single bacterium can multiply 2 billion, trillion times.***

An illustration of a hand with brown lines representing fingers and palm. Three blue water droplets are falling from the palm.

**Food Safety**  
*is in your hands*



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