

# Hand Washing 101

How can you be sure you're washing your hands regularly enough? You should always wash your hands BEFORE you handle food or begin any food-related task, but it's also very important that you wash your hands AFTER these activities:

- Handling raw meat, poultry and seafood.
- Sneezing, coughing or using a tissue.
- Emptying or taking out the garbage.
- Using the restroom.
- Smoking, eating, drinking or chewing gum.
- Clearing tables or washing dirty dishes.
- Touching your hair, face, body, clothes or apron.
- Using chemicals that might affect the safety of food.
- Handling money and making change.

## HAND WASHING HOW TO:



**1** WET YOUR HANDS AND ARMS WITH RUNNING WARM WATER.



**2** APPLY ENOUGH SOAP TO BUILD UP A GOOD LATHER.



**3** VIGOROUSLY SCRUB HANDS & ARMS for at least 10-15 seconds. Clean the finger tips, under fingernails, and between fingers.



**4** RINSE HANDS & ARMS THOROUGHLY UNDER RUNNING WARM WATER.



**5** DRY HANDS & ARMS with a single-use paper towel or hand dryer. Use a paper towel to turn off the faucet. If leaving the restroom, use a paper towel to open the door.

For more information and resources on food safety, visit:  
[foodsafetyfocus.com](https://foodsafetyfocus.com)

