

WHEN SHOULD HANDS BE WASHED?

Hand washing should clean hands and exposed portions of the arms. Warm water, at least 110° F, and soap are necessary for good cleaning. Hands should be vigorously scrubbed for 20 seconds. Dry hands with paper towels. To avoid re-contaminating hands, use paper towel when touching surfaces such as faucet handles on a handwashing sink or the handle of a restroom door. Common cloth towels, aprons, or clothing are not to be used as a means to dry hands.

- Wash after using the toilet.
- Wash after coughing, sneezing, or blowing your nose.
- Wash after using tobacco, eating, or drinking.
- Wash after handling dirty equipment, dishes, or utensils.
- Wash immediately before handling food, equipment, utensils, dishes, or single service items.
- Wash during food preparation, as often as necessary to prevent cross-contamination.
- Wash when switching between working with raw and ready-to-eat foods.
- Wash after any activity that contaminates hands.

SINGLE-USE GLOVES

Gloves are an extra measure of protection, not a replacement for the first line of defense in food preparation, frequent and effective hand washing. The following guidelines will help food handlers use gloves safely and effectively:

- Wash hands thoroughly with soap and water before putting on gloves.
- Leave gloves in the original container. They should not be carried in a pocket or stacked on a work surface.
- Use gloves that fit properly and are designed for the task at hand.
- To keep the outside of the gloves clean, pull on gloves by flipping down the wrist opening and pulling them on from the inside.
- Single-use gloves should be used for only one task, such as working with ready-to-eat foods. Remember, if gloves are not used properly, cross-contamination may occur as often as when using bare hands.
- Change gloves periodically to minimize the build-up of perspiration and bacteria.
- Discard gloves when they become damaged, soiled or the task is completed.
- Unless wearing intact gloves in good repair, a food employee may not wear fingernail polish or artificial fingernails when working with exposed food.