

## Why Wash Your Hands?

To remove or destroy potentially harmful microorganisms.

Areas frequently missed during handwashing

- Most frequently missed
- Frequently missed
- Less frequently missed



## When Must You Wash Your Hands?

Before...

- Handling high risk area clothing.
- Changing into high risk area clothing.
- Putting on gloves.
- Going into food handling areas.
- Handling ready to eat food.

After...

- Handling raw food.
- Handling waste.
- Using the toilet.
- Blowing your nose.
- Carrying out cleaning duties.

# HANDWASHING

## How To Wash Your Hands...



- 1 Wet your hands
- 2 Add soap
- 3 Rub hands together, 5 times palm to palm
- 4 Left palm over back of right hand, then right palm over back of left, 5 times
- 5 Palm to palm 5 times, fingers interlaced
- 6 Backs of fingers to opposing palms with fingers interlocked, 5 times
- 7 Clasp right thumb in left palm and twist 5 times, and vice versa
- 8 Using a circular motion rub fingertips of right hand in left palm and vice versa, 5 times
- 9 Rinse with fresh running water
- 10 Dry ideally with a disposable paper towel or single use towel
- 11 Apply hand sanitiser (e.g. alcoholic hand rub) and use the same sequence, numbers 3-8 rubbing hands together until dry

## When Using Gloves...

- 1 Wash and sanitise your hands as above.
- 2 Put on gloves, taking care not to tear them.
- 3 Remove gloves when leaving the line or before handling non-food items.
- 4 Always change your gloves if there are any holes or tears, and report them to a line manager.
- 5 Dispose of gloves safely.
- 6 Thoroughly wash, dry and sanitise hands before re-applying a new pair of gloves.