

# Proper Handwashing

You should follow these six steps to wash your hands properly:

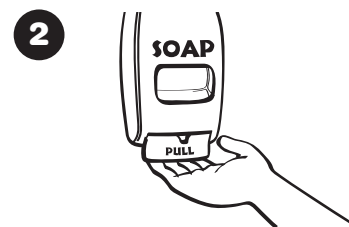
Washing your hands properly is one of the most important things you can do to keep microorganisms from contaminating food.

You should wash your hands before you start work and after the following activities:

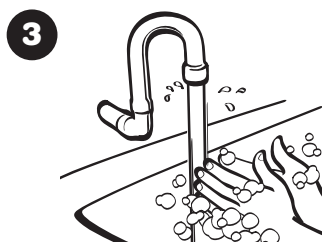
- Using the restroom
- Handling raw meat, fish, or poultry
- Touching your hair, face, or body
- Sneezing, coughing, or using a tissue
- Smoking, eating, drinking, or chewing gum or tobacco
- Handling chemicals that might affect the safety of the food
- Taking out trash
- Clearing tables or busing dirty dishes
- Touching clothing or aprons
- Touching anything else that may contaminate hands



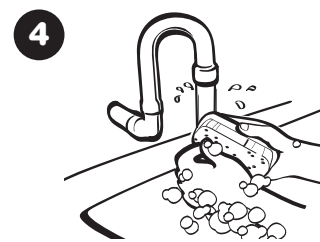
**1** Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).



**2** Apply soap.



**3** Vigorously scrub hands and arms for at least 20 seconds.



**4** Clean under fingernails and between fingers.



**5** Rinse thoroughly under running water.



**6** Dry hands and arms with a single-use paper towel or warm-air hand dryer.



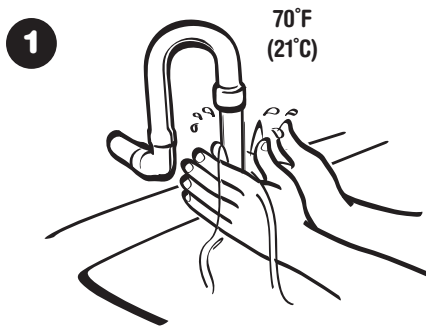
# To Wash or Not to Wash

**Directions:** Circle each activity that would require the employee to wash his or her hands immediately afterward.



# What Did Bill Do Wrong?

**Directions:** Bill is washing his hands after handling raw chicken. Circle each step where he makes a mistake and explain his mistake in the space provided.



Bill wets his hands with running water.

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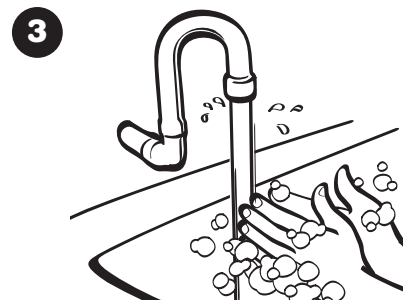
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Bill puts soap on his hands.

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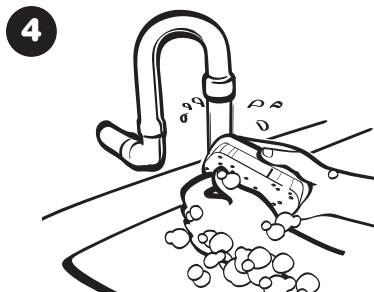
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Bill scrubs his hands and arms for 10 seconds.

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Bill cleans under his fingernails and between his fingers.

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Bill rinses thoroughly under running water.

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Bill dries his hands on his apron.

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# The Right Tools for the Job

**Directions:** Dave needs to wash his hands. Look at the equipment below and circle the items that can help him do a good job.

