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Handwashing How To's

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Session Objectives

When you leave, you will be able to:

- Instruct staff on the **when, how, and why** of proper handwashing
- Use proposed handwashing benchmarks
- Develop a handwashing monitoring system for your operations



Straw Poll: Agree or Disagree?

- Everyone knows how to wash their hands.
- We need to challenge immune systems of children so handwashing is not necessary.
- Training is not needed.
- Telling someone to wash hands is sufficient.
- Supervision of handwashing is part of my job.
- “Wash Your Hands” signs are enough
- The only way to monitor if hands are washed is by watching.



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When to Wash Hands?

Before...

- Eating
- Food preparation and service
- Handling clean and sanitized items
- Putting on gloves



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When to Wash Hands? After...

- Engaging in activities that contaminate hands
- Using toilet
- Taking out garbage
- Handling soiled dishware
- Handling raw foods
- Touching bare body parts
- Ending a task
- Petting animals
- Handling chemicals



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How to Wash Hands?

- *FDA Food Code* recommends warm water, soap, lather 10 – 15 second, rinse, dry disposable towel or heated forced air
- Day Care standards say at least 10 seconds
- Challenge is to avoid re-contamination of clean hands
- Best Practice: Use automatic equipment: foot pedals, faucets, digitizer soap dispensers, automatic towel dispensers



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Where to Wash Hands?

Food Code 2005 – Section 2-301.15

Food Employees shall clean their hands in a handwashing sink and may not clean their hands in a sink used for food preparation or warewashing, or in a service sink or curbed cleaning facility used for mop water

Dedicated handwashing sinks are needed for food preparation and warewashing are:



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Handwashing Notes

- Soap is more important than warm water
- Hand sanitizers applied **only** to hands that are cleaned - *Food Code 2005 Section 2-301.16 (A)(3)*

*Note that hand sanitizers **can** be effective in reducing bacteria but **not effective** against viruses*



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Why should hands be washed?

- Prevent direct and cross contamination of food and food contact surfaces as hands are vehicle for transmission of bacteria and viruses
- Can minimize foodborne diseases

Research supports the need



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Impact of Employee Training on Mitigating Contamination in Retail Foodservice Operations

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USDA Project: Mitigation of Cross Contamination

- Observations of handwashing behaviors in different sectors of foodservice, including schools
- Noted times hands ***should have been washed*** and times they ***were washed***
- Use of Handwashing Observation Form (HOF) – piloted by Paez with deli foodservices
- HOF listed occasions that:
 - **require** handwashing
 - **methods** of handwashing



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Handwashing practices of **27 total employees** in **4 school establishments** were **observed for 60 hours** during **Production, Service, and Cleaning Phases**

- An informal interview with managers and employees was conducted as part of observation
- Two trained observers collected data – Paez and Meyer
- Handwashing observation form (HOF) developed identified tasks by categories for each phase:
 - personal hygiene
 - food preparation
 - cleaning activities
 - other tasks - i.e handling money



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Description of Schools

- Average number of noon meals served each day : 377
- Total number employees observed: 27
 - Production (n=18)
 - Service (n=14)
 - Cleaning (n=8)
- Mean number of years worked in foodservice operations: 13
- Most frequent method of training about food safety: On the job
- Total observation time: 60 hours
 - Production: 27 hours
 - Service: 21 hours
 - Dishwashing: 12 hours



- Comparison between average number of times hands ***should have been washed*** and ***were washed*** by employees during the day was estimated using the following formula:

$$\% \text{ of handwashing frequency} = \frac{\text{Number of times employees did wash their hands}}{\text{Number of times employees should have washed their hands as defined in } \textit{Food Code} \text{ (2001)}} * 100$$

- An in-compliance percent that refers to the percent of handwashing by employees using the standard procedure defined by *Food Code* (2001) was estimated using the following formula:

$$\% \text{ In-compliance} = \frac{\text{Number of times employees did wash hands with method in } \textit{Food Code}}{\text{Number of times employees should have washed their hands}} * 100$$



Production

Overall Frequency: 23 %

- 300 opportunities when hands should have been washed and 69 times when hands were washed

Tasks with highest frequency

- After using a handkerchief or disposable tissue (1 of 1)
- Other (i.e. taking boxes, garbage)(4 of 5)
- Upon entering the food preparation area (12 of 19 times)

• **Note actual compliance with Food Code Method for the 69 occasions was 30% (soap used, 10 seconds lathering, faucet turned off with towel)**

Tasks when hands were not washed

- After eating or drinking (3 of 14 observed occasions)
- Before donning gloves to work with food (16 of 54 observations)
- When changing tasks (19 of 177 occasions)



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Service

Overall Frequency: 12 %

- 250 times when hands **should have been washed** and 31 times when hands **were washed**

Tasks with highest frequency

- After handling potentially hazardous food (2 of 3)
- After cleaning (2 of 3)
- Upon entering the food preparation area (4 of 7)

• Compliance with **recommended method** of handwashing was seen 11 of 31 times (35%)

Tasks when hands were not washed

- After eating or drinking (3 of 20 observed occasions)
- Before donning gloves to work with food (4 of 37 observations)
- When changing tasks (3 of 93 occasions)



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Cleaning

Overall Frequency: 47 %

- 90 times when hands should have been washed and 42 times when hands were washed

Tasks with highest frequency

- After cleaning equipment and/or utensils (3 of 4)
- After handling money (1 of 1)
- After handling soiled equipment (34 of 56)

Tasks when hands were not washed

- When changing tasks (3 of 18 observations)
- After eating or drinking (hands not washed after any or the 7 times they should have been)

Compliance with recommended method was 21% (soap used all 42 times, lathered full 10 seconds only 17 times, used towel to turn off faucet only 9 times)



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What does data tell us?

- Efforts are made
- Need to reinforce message of **How** – Use of Soap, lather 10 – 15 seconds, use towel on faucet handles
- Greater attempts when:
 - Obvious soil (after handling soiled equipment and dishware)
 - Entering food preparation area

Proposed Benchmarks

- Based on observations in schools of when hands should be washed and employee hours
- These **benchmarks of handwashing per employee per hour** are proposed:
 - Production: 11 times per hour
 - Service: 12 times per hour
 - Cleaning: 8 times per hour



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So What?

- These observations indicate there is need to reinforce handwashing, conduct training, guide and monitor performance
- Innovative ways are needed to communicate the message:

Why + How + When



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What Can You Do?

- Develop a plan
- It IS important to communicate the message
- The CDC confirms *“Handwashing is the single most important means of preventing the spread of infection”*
- Provide supplies for staff – access, warm water, soap, disposable towels (think user friendly)



Manager Training Tool Kit

1. Glo Germ™ lotion or similar product and UV lights
Bottle lotion = \$12; Flashlight about \$40
Lives saved = priceless
2. Yuck visuals = graphs, photos
3. Videos/DVD
4. Handwashing Activities (with incentives)
 - Competitions – actual handwashing and evaluation
 - Quizzes
 - Color books (for kids, classroom connection)
 - Stickers



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Handwashing Tool Kit Examples

- Photos
- GloGerm™ demo from entry
- Handwashing for Life video
- NFSMI video
- iPod (audio and video)
- Growth plates
- Calendar



Lesson Plans

- Organization of **Why + How + When** messages
- List of needed supplies
- Resources
- Suggested Activities
- Suggested Discussion Questions
- Example part of handout



Small Group Discussion

- Groups of 2 or 3 – people in your area
- Share what you remember as most effective handwashing communication – what message and method of delivery was meaningful

CHS – photos with bacterial growth on plates after different methods



Touching Agar dish with
dirty fingers



Unwashed hands

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Hands rinsed with cold
water



Hands washed 20
seconds

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Small Group Round 2

- With others in your group – brainstorm a strategy to communicate to a new staff member the handwashing message of

“Why + How + When”

Identify what and how of the communication



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Monitoring - beyond *Because I said so!*

- Inventory levels of handwashing supplies: soap, towels, etc.- track usage of each; new equipment
- Infuse benchmarks into training to guide employees and supervisors in monitoring – this study suggests benchmarks for each phase/area of school foodservice
- Resources: posted on ISU HACCP sit

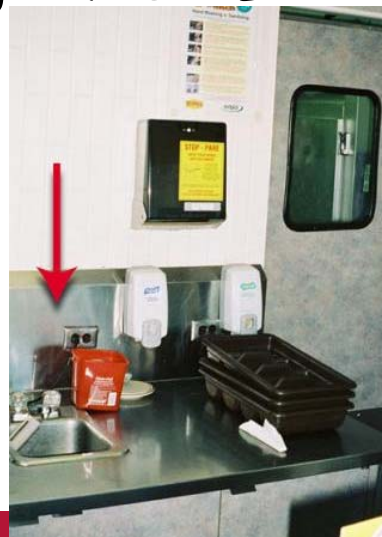


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www.schoolhaccp.org

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Provide an environment that supports handwashing - NOT Like These!



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Management Action Steps

- Provide supplies and tools
- Provide guidance and training
- Monitor performance
- Demonstrate importance – Role Modeling
- Encourage and support

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