



Food Safety is in Your Hands!

Lesson Objectives

1. Use proposed handwashing benchmarks for school meals programs.
2. Instruct staff on **when**, **how**, and **why** proper handwashing is needed, using organizational SOP as guideline.
3. Develop an in-house handwashing monitoring system.

Getting Ready

Materials

Paper and pencil for participants
Computer and monitor
PowerPoint™ slides

Activity 1

- GloGerm™ Lotion
- Black light flashlight

Activity 3

- Handsink with soap and disposable towels

Activity 4

- DVD player and monitor/screen
- *The Why, The When, & The How* Handwashing for Life DVD (Why Section)

Activity 10

- Copies of Standard Operating Procedure for Handwashing

Note to Trainer

These training materials are designed to be flexible in meeting your training needs. The slides will provide information for large group training, and can be used alone or with activities.

Teaching Activities

1. Facilitator uses GloGerm™ Lotion on hands. As employees enter the room, shake their hand and welcome them to the session. Welcome all to the session and explain what you did. Darken the room and show the black light over your hands, and then wander through the room using it on hands of others.
2. Round Robin (go quickly around the room) of all attendees quickly giving one reason why it is important to wash hands at the right time using the right method.
3. Pump GloGerm™ lotion into hands of each employee. Have employees wash their hands but assign specific procedures to each: splash and dash (rinse quickly water only); use soap but lather 5 seconds or less; use soap and lather 15 seconds but turn off faucet with hands; use soap and lather for 15 seconds but use disposable towel to turn off faucet. Use the black light flashlight to assess which method was most effective.
4. Show the DVD, *The Why, The When, & The How* Handwashing for Life – *Why*, which lasts about 3 minutes. You can view and purchase the DVD (about \$50) from www.handwashingforlife.com/node
5. Discuss use of Sanitizers and Antibacterial soaps. (Alcohol sanitizers are not a substitute for proper handwashing in foodservice operations. These can be effective for most bacteria but are not effective on viruses, including norovirus. Sanitizers are most effective if applied to clean hands. Food service operations should have source of hot and cold potable water. The American Medical Association and the Centers for Disease Control and Prevention do not recommend the use of antibacterial soaps). See <http://www.cdc.gov/ncidod/dvrd/revb/gastro/noro-foodhandlers.pdf>
<https://www.extension.iastate.edu/store/ListItems.aspx?CategoryID=44>
6. Show some “Yuck” photos of bacterial growth on nutrient agar plates. See www.schoolhaccp.org
7. Have staff meet in small groups to discuss reasons why they do not always wash hands when they should or do follow proper procedure. Identify the barriers and discuss solutions.
8. In small groups, staff members can identify effective methods of communicating the **Why + How + When** message of handwashing to new employees.
9. Discuss supplies needed for proper handwashing: soap, warm water, and disposable towels (air dryers acceptable if foot pedals for water faucets). Introduce new Digitizer soap dispenser and show tracking mechanism.
10. Make copies of SOPs related to handwashing. Review the SOP and talk about how the SOP can help prevent risk of foodborne illness.

Resources

Iowa State University School HACCP Website: <http://www.schoolhaccp.org>

- Sample standard operating procedures
- Lesson plans
- Training materials
- PowerPoint™ slides
- *A Guide to Food Safety*, streaming video addressing personal hygiene, cleaning and sanitizing, and temperature control.

Iowa State University Food Safety Website: www.iowafoodsafety.org

- Streaming videos and iPod presentations about employee health and hygiene (24/7 training availability)
- Four interactive food safety lessons with quiz at end of each lesson

National Food Service Management Institute Website:

<http://www.nfsmi.org>

- Sample standard operating procedures
- Training materials
- Downloadable handwashing booklet, video, and posters

Handwashing for Life Website: <http://www.handwashingforlife.com/node>

Government Food Safety Information at www.foodsafety.gov

Fight Bac!® at www.fightbac.org

References

U.S. Department of Health and Human Services, Food and Drug Administration. (2004). *FDA report on the occurrence of foodborne illness risk factors in selected foodservice, restaurant, and retail food store facility types*. Retrieved June 29, 2007, from <http://vm.cfsan.fda.gov/~acrobat/retrsk2.pdf>