FACT SHEET 4

Hand Washing

Facilities

It is important to have the correct facilities for hand washing to ensure that hands are able to be washed effectively. To achieve this you must ensure:

- The hand wash basin is dedicated to hand washing only;
- Warm running water is provided from a single outlet preferably with flip taps;
- Soap, preferably liquid is supplied at all times;
- Single use disposable paper towel is supplied at all times;
- There is a back up supply of soap and paper towel.

When to Wash Hands

Hands should be washed whenever they are likely to be a source of contamination of food including:

- Before starting or recommencing work;
- Before working with ready-to-eat food and after handling raw food;
- After smoking;
- After coughing / sneezing;
- After using a handkerchief or nasal tissue;
- After eating or drinking;
- After touching hair / scalp / skin or body opening;
- After touching any other item that may contaminate food ie: waste.

Method

1. Wet hands with warm water
2. Lather hands with soap
3. Scrub hands well including palms, thumbs, wrists and between fingers
4. Rinse with warm water
5. Dry thoroughly with disposable paper towel

Hand Washing Important Points

- All hand wash basins must be dedicated hand wash basins and be supplied with liquid soap and disposable paper towel at all times.
- Hands must be washed whenever they are likely to be a source of contamination for food ie: before starting work and after smoking, eating, drinking, coughing, sneezing, using a nasal tissue, going to the toilet, after touching skin, scalp, body opening etc.
- Hands should be washed by wetting with warm water, lathering and scrubbing with soap, rinsing with warm water and drying thoroughly with disposable paper towel.

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