

HOW TO WASH YOUR HANDS, AND WHY

STEP 1

Wet your hands and arms with running water.

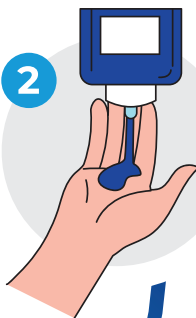
Why? Running water removes germs from hands. Placing your hand in contaminated still water could re-contaminate your hands.



STEP 2

Apply enough soap to build up a lather.

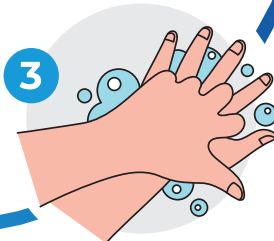
Why? Lathering makes the soap easier to spread and creates friction, which helps loosen dirt and grime.



STEP 3

Vigorously scrub your hands and arms for at least 20 seconds. Clean your fingertips, under your fingernails, and between your fingers.

Why? Scrubbing loosens dirt and grime. Studies show that washing hands for about 15-30 seconds removes more germs from hands than washing for shorter periods.



STEP 4

Rinse hands and arms thoroughly under running water.

Why? The dirt, grime, and microbes loosed from scrubbing should be washed off the hands.



STEP 5

Dry hands and arms with a single-use paper towel or hand dryer. Use a paper towel to turn off the faucet. If leaving the restroom, use a paper towel to open the door.

Why? Germs transfer more easily onto wet hands. Touching a contaminated surface after washing your hands could re-contaminate them.



For more helpful tips on preventing the spread of foodborne illnesses in restaurants, visit **FoodSafetyFocus.com**.



PESONAL HYGIENE & FOOD SAFETY

DO'S

Hair should be properly tucked inside the hat



Cover all wounds



No wrist watch, rings, or bracelets



DON'TS



Hair coming outside the hat



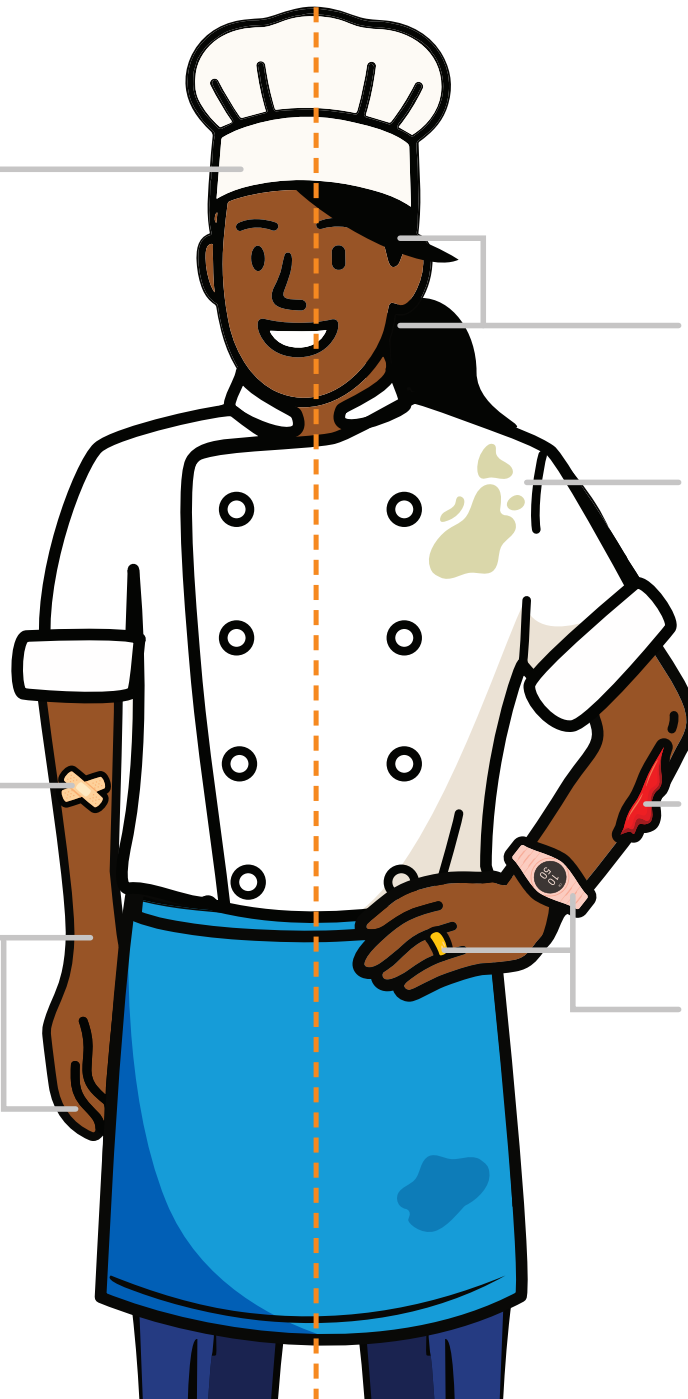
Dirty clothes



Open or draining wounds



Wrist watch, rings, and bracelets



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