



FOOD BUSINESS HAND WASHING

Bacteria and viruses can spread easily through contaminated hands. This could be through shaking somebody's hand or preparing foods. Washing and drying your hands properly can help prevent the spread of germs (bacteria or viruses) that can cause infectious diseases.

It is important to be proactive in washing your hands as although you can't see germs with the naked eye, many can survive for hours on surfaces and be picked up on your hands. Once they are on your hands, your hands can spread them further.

WHEN TO WASH YOUR HANDS:

You should always wash your hands:

- before handling or preparing food or drinks, or handling kitchen utensils;
- before eating or drinking;
- after going to the toilet or changing nappies;
- after smoking;
- after using a tissue or handkerchief;
- after handling rubbish or working in the garden;
- after handling or touching animals; and
- after coming into contact with anyone who is sick, including children



HOW TO WASH YOUR HANDS:

1. If possible, remove rings, watches etc before you wash your hands.
2. Wet your hands with warm water.
3. Apply one pump of liquid soap and lather well for around 15 seconds (about how long it takes to sing "Happy Birthday")
4. Rub hands together to remove dirt and germs. This should include the backs of your hands, your wrists, between your fingers and under your fingernails.
5. Rinse well under warm running water and make sure all traces of soap are gone.
6. Dry hands with a disposable paper towel. Electric hand driers may be used in conjunction with disposable paper towel.
7. Turn off the tap with the used paper towel.

Cuts and abrasions should be covered with a highly visible water-resistant dressing which should be changed as necessary or when the dressing becomes soiled.