

Safe method:

# Handwashing

Effective handwashing is essential to help prevent bacteria spreading to food.



Make sure that all staff who work with food wash their hands properly before preparing food. Harmful bacteria can spread very easily from people's hands to food, work surfaces, equipment etc. Effective handwashing helps to prevent this. Following the steps below will make sure hands are washed properly.






## Washing hands effectively

<b>Step 1:</b> Wet your hands thoroughly under warm running water and squirt liquid soap onto your palm.		<b>Step 2:</b> Rub your hands together palm to palm to make a lather.	
<b>Step 3:</b> Rub the palm of one hand along the back of the other and along the fingers. Repeat with the other hand.		<b>Step 4:</b> Put your palms together with fingers interlocked and rub in between each of the fingers thoroughly.	
<b>Step 5:</b> Rub around your thumbs on each hand and then rub the fingertips of each hand against your palms.		<b>Step 6:</b> Rinse off the soap with clean water and dry your hands thoroughly on a disposable towel. Turn off the tap with the towel and then throw the towel away.	

## Check it

<b>For hands to be washed properly, you need warm running water, liquid soap and preferably disposable towels.</b>	Do you use liquid soap? Yes <input type="checkbox"/> No <input type="checkbox"/> If no, what do you use? <input type="text"/>
	Do you use disposable towels? Yes <input type="checkbox"/> No <input type="checkbox"/> If no, what do you use? <input type="text"/>

## When to wash your hands

<p>When entering the kitchen e.g. after a break or going to the toilet.</p>	
<p>After touching or emptying bins.</p>	
<p>After any cleaning.</p>	
<p>After touching a cut or changing a dressing.</p>	
<p>After touching items such as phones, light switches, door handles and cash registers.</p>	

## Think twice!

**If you use disposable gloves in your business, they should never be used as an alternative to effective handwashing**

When using disposable gloves make sure you:

- Wash your hands thoroughly before putting them on and after taking them off.
- Always change them regularly, especially when handling raw and ready-to-eat food.
- Throw them away after use or if damaged.

Hygienic hand rubs and gels can be useful when used as an additional precaution, but should **never** be used as a replacement for effective handwashing.

## What to do if things go wrong

- If you think a member of staff has not washed their hands, make sure they wash them straight away and emphasise how important it is to wash their hands when working with food.

## How to stop this happening again

- Make sure that hand basins are convenient with plenty of soap and disposable towels.
- Train staff again on this safe method.
- Improve staff supervision.



**Write down what went wrong and what you did about it in your diary.**

