

# Handwashing Steps

1

Use dedicated hand washing station to wet hands with water as hot as you can comfortably stand



2

Lather hands with soap for **20 seconds** between your fingers, up to your elbows



3

Rinse thoroughly under running water



4

Dry hands and arms with a single-use paper towel or warm-air dryer. Turn water off with towel



You should wash your hands before you start work and after the following activities:

Using the restroom

Taking out the trash

Touching clothing/apron

Handling chemicals

Clearing tables/dirty dishes

Handling raw meat, fish, or poultry

Touching your hair, face, or body

Smoking, eating, drinking, or chewing gum/tobacco

Sneezing, coughing, or using a tissue

Touching anything else that may contaminate food