

# HANDWASHING



**1. Wet hands and apply liquid soap.**



**2. Lather hands, wrists and forearms, applying friction, for 20 seconds.**



**3. Rinse under running water.**



**4. Dry with disposable towel.**



**5. Turn off tap with towel.**

## Wash BEFORE:

- Starting work
- Putting on gloves
- Preparing food
- Handling ready-to-eat food
- Handling clean dishes

## Wash AFTER:

- Handling food, especially meat/poultry
- Eating or smoking, touching your face/hair on anything else that could contaminate your hands (money)
- Sneezing, coughing, blowing your nose, going to the washroom
- Cleaning food prep areas or washing dishes
- Cleaning washrooms or taking out the garbage
- Sneezing, coughing, or blowing your nose
- Eating or smoking