

Hand Washing Hygiene: Frequently Asked Questions

When should I wash my hands?

- Before starting work
- Before handling cooked or ready-to-eat food
- After handling or preparing raw food
- After handling waste
- After cleaning duties
- After using the toilet
- After blowing nose, sneezing or coughing
- After eating drinking or smoking
- After handling money



Is hand washing necessary if gloves are used when handling food?

- **Yes.** When wearing gloves for a prolonged period of time, without frequent changing and hand washing, bacteria on the skin rapidly multiply due to the warm, moist environment created by the gloves. When gloves tear, or are removed and food is handled without hand washing, a high number of bacteria can be transferred to the food.

What is the proper hand washing technique?

Hands should be washed for at least 10-15 seconds as follows:

- Wet hands under warm running water
- Use enough soap to form a good lather
- Rub all parts of hands with soap and water
- Lather for at least 10-15 seconds, vigorously and thoroughly rubbing all hand surfaces, including the fingertips and thumbs
- Rinse hands thoroughly with running water
- Dry hands thoroughly

Should separate sinks be provided for hand washing?

- **Yes.** A designated sink for hand washing must be provided in food preparation areas. It must be easily accessible, not likely to be obstructed and located close to the working area. In large kitchens that are sub-divided into different work areas, more than one sink must be provided. Hand wash facilities must also be provided for food service and bar staff, where applicable.

What should be provided for washing and drying hands at the hand washing sinks?



Items that should be provided:

- Hand soap
- Paper towels
- Waste basket for used paper towels

Questions? Please contact the City of Jefferson Division of Environmental Health Services at 573-634-6410