

Keep hands clean and food safe

Hand hygiene for food handlers

Washing your hands



1. Wash your hands in the basin provided for this purpose.



2. Use soap to work up a lather.



3. Wash palms, fingers, thumbs, nails and wrists.



4. Rinse by washing hands under running warm water.

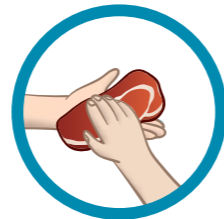


5. Dry hands well.

Staff must wash their hands **before**:



- starting or recommencing food handling (for example, starting a shift, returning from a break)



- handling food



- wearing disposable gloves.

Staff must wash their hands **after**:



- going to the bathroom
- handling raw ingredients
- eating, drinking or smoking
- habits that may cause contamination, such as licking fingers, biting nails, smoking, touching pimples or sores



- coughing, sneezing, using a handkerchief or disposable tissue
- handling or disposing of waste
- touching animals



- touching anything else other than the food (for example, money, cleaning cloths, cleaning equipment)
- handling any food that may potentially contaminate other food products (for example, raw meat, nuts or other known allergens).

Don't let your
food turn nasty

www.betterhealth.vic.gov.au www2.health.vic.gov.au/public-health/food-safety

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