

How to?



## 8) Ensure correct hand washing

### Why is this important?

One of the most common ways of transferring bacteria to food is from contact with dirty hands. Hands must therefore be kept clean at all times and following the correct procedure is therefore essential to ensure this is.

**Having one designated hand wash sink in the kitchen is a legal requirement** and this must therefore be ensured at all time. This must be kept in a clean condition and provided with a plug.

Hands should be washed frequently, but in particular on the following occasions:

- Before starting work , after any break or after the toilet.
- After handling raw food (meat, fish, pastry, eggs, vegetables).
- After handling dirty equipment (including money).
- After handling delivery packaging after handling refuse.
- After cleaning surfaces or equipment.

### Effective hand washing procedure:

1. A none-hand operated, spray of warm water should be used if possible.
2. The hands should be wet and a good amount of liquid soap should be used, as this will ensure that a good lather can be created during the washing process.
3. Areas to give particular attention to include the finger tips, between fingers, the thumbs, palms and wrists.
4. A nail brush could be used when additional, more rigorous cleaning is required.
5. Efficient drying of hands will reduce bacteria remain and the paper towel should be used to turn off taps if this is required.

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### Check your understanding by:

Why is hand washing such an important safety measure in a kitchen / retail outlet?

Briefly explain the correct procedure for hand washing.

Give two occasions after which it would be **essential** to wash hands.

Briefly explain the conditions that hand wash basins should be kept in.

### You can tell it's correct if:

All team members regularly wash their hands.

All team members recognise the importance and significance of correct hand washing.

All team members hand wash areas are kept clean and well maintained.

### Hints and tips:

Wash hands regularly, even when may not necessarily be required. This will ensure that they are kept in a clean condition and reduces the opportunity for hands to get dirty throughout the day.