

## Guidelines on Proper Hand Washing for Food Handlers

### Objective:

Proper hand washing is an effective way to prevent foodborne disease. This guideline is intended to remind the food industry when and how to wash hands properly in order to minimise the risk of foodborne disease.

### Scope:

All food handlers engaged in premises for production and sale of food.

### Content:

#### 1. When to wash hands:

Food handlers must wash their hands in the following situations:

- Before commencing or re-commencing handling of food;
- Before handling cooked food or ready-to-eat food and after handling raw food;
- After coughing or sneezing;
- After touching bare body parts such as hair and nose;
- After cleaning or handling garbage;
- After using the toilet;
- After eating or drinking;
- After smoking;
- After touching animals.

#### 2. Steps for hand washing:

1. Wet hands with water;
2. Apply liquid soap and rub hands together to make a soapy lather;
3. **Rub** the palms, back of hands, fingers, finger tips, between fingers and wrists for at least 20 seconds. Do not rinse hands while rubbing;
4. **Rinse hands thoroughly with water;**
5. Dry hands thoroughly with a clean towel\* or a disposable paper towel, or a hand dryer.

\*Never share towels and store personal towels properly. Wash towels and disinfect them at least once daily, and preferably, prepare towels for frequent replacement.