

# Food Safety

## Handwashing Procedures:

- ✓ Wash hands for 20 seconds with antibacterial soap and warm water, then dry with paper towels:
  1. Upon entering the kitchen or food prep area.
  2. After handling raw meat, fish, poultry, or eggs.
  3. After wiping face, hair, sneezing or coughing in hands.
  4. After smoking, eating, handling garbage, using the telephone, and any other time hands are possibly contaminated.
  5. After using the restroom (wash hands in the restroom and again when returning to kitchen).



1. Wet your hands with running water as hot as you can comfortably stand (at least 100°F/38°C).



2. Apply soap.



3. Vigorously scrub hands and arms for at least ten to 15 seconds. Clean under fingernails and between fingers.



4. Rinse thoroughly under running water.



5. Dry hands and arms with a single-use paper towel or warm-air hand dryer. Use a paper towel to turn off the faucet. When in a restroom, use a paper towel to open the door.