

SAFE METHOD:

# HANDWASHING



Effective handwashing is essential to help prevent bacteria spreading to food.

Make sure all staff who work with food wash their hands properly before handling or preparing food, including after handling raw food and before handling ready-to-eat food. **Remember: effective hand washing takes time.**

For a video demonstration, visit the [FSA YouTube channel](#)

WASHING HANDS EFFECTIVELY			
<p><b>Step 1:</b> Wet your hands thoroughly under warm running water and squirt liquid soap onto your palm.</p> 	<p><b>Step 2:</b> Rub your hands together palm to palm to make a lather.</p> 		
<p><b>Step 3:</b> Rub the palm of one hand along the back of the other and along the fingers. Repeat with the other hand.</p> 	<p><b>Step 4:</b> Put your palms together with fingers interlocked and rub in between each of the fingers thoroughly.</p> 		
<p><b>Step 5:</b> Rub around your thumbs on each hand and then rub the fingertips of each hand against your palms.</p> 	<p><b>Step 6:</b> Rinse off the soap with clean running water and dry your hands thoroughly on a disposable towel. Turn off the tap with the towel and then throw the towel away.</p> 		

CHECK IT	
<p>For hands to be washed properly, you need warm running water, liquid soap and preferably disposable towels.</p> <p>Ideally, antibacterial soap should meet standard BS EN 1499 for extra protection against harmful bacteria and contamination.</p>	<p>Do you use liquid soap?</p> <p>Yes      No      If no, what do you use?</p>
	<p>Do you use disposable towels?</p> <p>Yes      No      If no, what do you use?</p>
	<p>Do you use antibacterial soap which meets standard BS EN 1499?</p> <p>Yes      No      If no, what do you use?</p>



## WHEN TO WASH YOUR HANDS

**BEFORE** touching or handling any food, especially ready-to-eat food (e.g. cooked meat) and **AFTER** touching raw meat, poultry, fish, eggs, unwashed vegetables or any packaging used for raw foods.



After touching a cut or changing a dressing.



When entering the kitchen e.g. after a break or going to the toilet.



After touching items such as phones, light switches, door handles, cash registers and money.



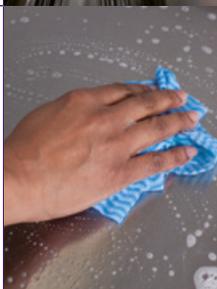
After touching or emptying bins.



After touching your hair, face or blowing your nose.



After any cleaning.



Before preparing food for a customer who has declared a food allergy.



## THINK TWICE!

**If you use disposable gloves in your business, they should never be used as an alternative to effective handwashing.**

When using disposable gloves make sure you:

- Wash your hands thoroughly before putting them on and after taking them off.
- Always change them regularly, especially between handling raw food and ready-to-eat food.
- Throw them away after use or if damaged.

Hygienic hand rubs and gels can be useful when used as an additional precaution, but should **never** be used as a replacement for effective handwashing. If hand rubs or gels are used they should comply with standard BS EN 1500.

### WHAT TO DO IF THINGS GO WRONG

- If you think a member of staff has not washed their hands, make sure they wash them straight away and emphasise how important it is to wash their hands when working with food.

### HOW TO STOP THIS HAPPENING AGAIN

- Make sure that hand basins are convenient with plenty of soap and disposable towels.
- Train staff again on this safe method.
- Improve staff supervision.