



Handwashing and Glove Usage in Food service

Objectives:

1. Understand the importance of handwashing in prevention of illness
2. Identify when hands need to be washed
3. Correctly demonstrate the correct handwashing procedure.
4. Identify the correct usage of single use gloves in food service.

Introduction:

According to the Center for Disease Control and Prevention (CDC) hand washing is the single most important way to stop the spread of infection. Everyday our hands touch surfaces covered in microorganisms that we cannot see. Even healthy people can spread pathogens. Correct hand washing procedure must be continually monitored by Food Service managers.

When Food Handlers must wash their hands:

- Before starting work
- After using the restroom
- Before and after handling raw meat, poultry and seafood
- After touching hair, face or body
- After sneezing, coughing or using a tissue
- After eating, drinking, smoking
- After Handling chemicals that might affect food safety
- After taking out the garbage
- After clearing tables or busing dirty dishes
- After touching clothing or aprons
- After handling money
- After leaving and returning to the kitchen/prep area
- After touching anything else such as dirty equipment, work surfaces or cloths.

Where to wash hands:

Hands must be washed in a sink designated for handwashing. Never wash hands in sinks designated for food prep, dishwashing or utility services.

Proper hand washing Procedure:

- Use the hand washing sink
- Turn water to as hot as is comfortable for you.
- Stand as close to sink as possible without letting your uniform touch the sink.
- Moisten your hands and arms, apply soap. Wash and scrub for 40-60 seconds or more.
- Rub hands briskly- wash between fingers, the backs of your hands, your palms, around your fingernails, up to the wrists and forearms, and under rings. (only wedding rings should be worn).
- Rinse your hands and arms thoroughly. Avoid touching the inside of the sink.
- Dry your hands and arms on single-use paper towel.
- Use paper towel to turn off faucet.



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Employee hand washing competency must be verified by the Manager observing the correct handwashing procedure for each employee. The current hand washing procedure must be posted at all hand wash sinks (see poster attachment).

In addition to washing, hands need care to prevent spreading pathogens.

- Fingernail length: keep fingernails short and clean,
- False fingernails: DO NOT wear false fingernails. They are difficult to keep clean and can break off in foods.
- Nail polish: Do Not wear nail polish. It can disguise dirt under nails and may flake off into food.
- Infected wounds or cuts: Infected wounds, cuts or boils contain pus. They must be covered with bandages or finger cot then a single-use glove.

How to use Single-Use Gloves

Single-use gloves can help keep food safe by creating a barrier between hands and food. They should be used when handling ready-to eat food.

- Wash hands before putting on gloves.
- Select the correct glove size
- Hold gloves by the edge when putting them on. Avoid touching the glove as much as possible.
- Once you have put the gloves on , check for rips or tears
- Never blow into gloves

When to change gloves (ready to eat foods should not be handled with bare hands)

- As soon as they become dirty or torn
- Before beginning a different task.
- After an interruption, such as taking a phone call
- After handling raw meat, seafood or poultry and before handling ready-to eat food.

References

Centers for Disease Control and Prevention. Hand hygiene and other standard precautions to prevent healthcare-associated infection. Available at: <http://www.cdc.gov/handhygiene/training/interactiveEducation/>.

National Restaurant Association. Servsafe Manager 6th edition, Chicago, IL, 2016



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Name: _____

Date: _____

Department: _____

Pre-test

1. It is not necessary to wash your hands after glove removal.
A. True B. False
2. Food handlers may not wear artificial nails or artificial nail products (eg, tips, overlays, wraps, etc).
A. True B. False
3. How long should you wash your hands (at least this long)?
A. 20 seconds C. 30 seconds
B. 25 seconds D. 40 seconds
4. List three instances when it is crucial to wash hands.
5. After hand washing, you should turn the faucets off by using:
A. An elbow C. A dry hand
B. A hand with gloves and paper towel D. A hand protected with a paper towel

Post-test

1. It is not necessary to wash your hands after glove removal.
A. True B. False
2. Food handlers may not wear artificial nails or artificial nail products (eg, tips, overlays, wraps, etc).
A. True B. False
3. How long should you wash your hands (at least this long)?
A. 20 seconds C. 30 seconds
B. 25 seconds D. 40 seconds
4. List three instances when it is crucial to wash hands.
5. After hand washing, you should turn the faucets off by using:
A. An elbow C. A dry hand
B. A hand with gloves and paper towel D. A hand protected with a paper towel



Answer key

1. False.
2. True.
3. D
4. (Name any of the three listed)
 - Before starting work
 - After using the restroom
 - Before and after handling raw meat, poultry and seafood
 - After touching hair, face or body
 - After sneezing, coughing or using a tissue
 - After eating, drinking, smoking
 - After Handling chemicals that might affect food safety
 - After taking out the garbage
 - After clearing tables or busing dirty dishes
 - After touching clothing or aprons
 - After handling money
 - After leaving and returning to the kitchen/prep area
 - After touching anything else such as dirty equipment, work surfaces or cloths.
5. D