

# Hand-washing

## Wisconsin Food Code Fact Sheet #1

**Hand washing is the single most effective means of preventing the spread of bacteria and viruses, that can cause infections and food borne illness.**

Employees can be a significant source of harmful microorganisms. Proper hand-washing can be the most effective action workers can take to control direct and indirect contamination of food, utensils, and equipment.

### When To Wash Hands

- Before starting to work with food, utensils or equipment.
- During food preparation, as needed.
- When switching between raw foods and ready-to-eat foods.
- After handling soiled utensils and equipment.
- After coughing, sneezing, using a tissue, or using tobacco products.
- After eating and drinking.
- After touching your skin.
- After handling animals.



- After using the toilet, wash hands at a hand-wash sink in the restroom and again when returning to work.

### Always Follow These Six Steps When You Wash Your Hands

Before washing your hands, remove any jewelry and only wash your hands in sinks designated for hand-washing. Do not wash your hands in utensil, food preparation, or service sinks.

1. Roll up sleeves and wet hands with warm water.
2. Using soap, not a hand sanitizer solution, work up a soapy lather that covers hands and forearms.
3. Rub hands together for at least 20 seconds: make sure to wash palms, back of hands, between fingers, and forearms.
4. Use a fingernail brush to clean under fingernails and between fingers.
5. Rinse hands and forearms in warm water.
6. Dry hands with single-use paper towels or cloth roller towel. Turn off the faucet with paper towels to prevent re-contamination of hands.