

Handwashing is not optional.



Handwashing can limit the spread of many diseases. It is one of the most important ways to keep your customers safe. And, it is required. Follow these rules for the best results:

When to wash your hands:

BEFORE:

- Preparing or handling food
- Putting on or changing gloves
- Using utensils or handling clean dishes

AFTER:

- Using a cell phone
- Handling money or credit cards
- Using the restroom
- Taking a break
- Eating
- Using tobacco products or electronic cigarettes
- Touching raw meat
- Handling garbage
- Using cleaning chemicals

Or whenever your hands get dirty!

Soap or Sanitizer?

Hand sanitizer does not work on dirty hands. **If you use hand sanitizer when preparing food, it should be after (not instead of) washing your hands with soap and water.**

How to wash your hands:

- 1) Wet your hands in hot water
- 2) Add soap
- 3) Lather for 15-20 seconds. Get between your fingers
- 4) Rinse all of the soap away
- 5) Dry with a single-use towel or an air dryer



Bare Hands and Food:

Everyone's hands have bacteria. This is why **food handlers must not touch ready-to-eat food** (food that will not be cooked further) **with their bare hands.**

Gloves are one good way to avoid touching food, but you can also use:

- Wax paper/ deli wrap
- Tongs
- Spatulas
- Other serving utensils

When you use gloves, make sure they are clean. **Change gloves whenever you switch tasks or they get dirty and at least every 4 hours.** Never reuse gloves!



For more information, please contact:

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