

Hand washing



Keep your hands squeaky clean

Hands can easily spread harmful bacteria to food, work surfaces and equipment. Proper hand washing at the right times helps to prevent bacteria spreading to food.

You should wash and dry your hands

before:

- preparing and cooking food
- handling food, especially ready-to-eat foods (eg sandwiches, cut fruit)
- serving food



after:

- using the toilet or helping a child use the toilet
- handling raw meat, raw poultry or raw eggs
- sneezing, coughing, blowing your nose or wiping a child's nose
- changing nappies, handling potties or touching changing mats
- cleaning up accidents in the kitchen
- handling rubbish and cleaning chemicals
- outside activities and touching animals
- touching a cut or changing a dressing



To wash your hands you should:

1. Wet hands under warm running water
2. Squirt soap into palm of hand
3. Rub hands together with soap to make a lather
4. Rub back of hands and fingers, in between fingers, around thumbs, fingertips and nails
5. Rinse hands under warm, running water

} 15 seconds

Dry hands thoroughly with a clean, dry towel, preferably a disposable paper towel.

