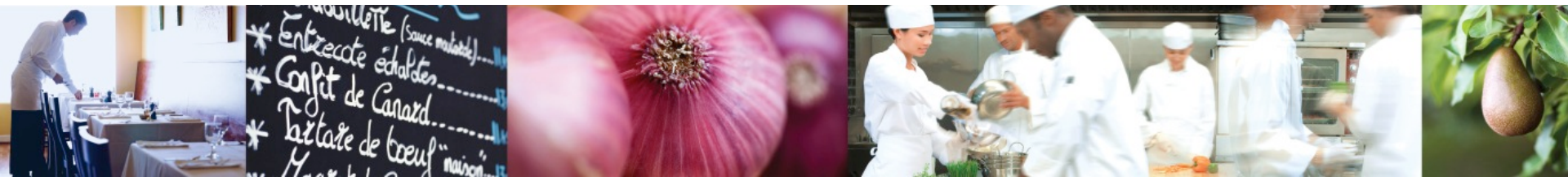




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# Handwashing and Infection Control

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# Introduction

## Objective

To illustrate the role and importance of handwashing in a foodservice operation.

## Key Messages:

- To identify the important role the foodservice worker has in keeping patients/residents safe
- To teach how handwashing reduces the spread of bacteria
- To illustrate proper handwashing techniques



# Handwashing and Infection Control

## The Foodservice Employee's Role

# Why Handwashing Is Important

- Controlling contamination from workers' hands is one of the five important interventions cited by the FDA Food Code to protect public health
- Preventing the spread of infection and foodborne illness is everybody's responsibility

US Department of Health and Human Services: (2017) Food Code 2017 Recommendations of the United States Public Health Service Food and Drug Administration. College Park, MD: US Food and Drug Administration

# When Should You Wash Your Hands?

- Immediately before working in food preparation where exposed food, clean equipment and utensils, or unwrapped single-service or single-use articles are present
- After touching bare human body parts other than clean hands and clean, exposed portions of arms
- After using the toilet
- After caring for or handling service or aquatic animals
- After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco (smokeless, cigarettes or e-cigarettes), eating or drinking
- After handling soiled equipment or utensils
- During food preparation, as often as necessary to remove soil and contamination, and to prevent cross contamination when changing tasks
- When switching between working with raw food and working with ready-to-eat food
- Before donning gloves to initiate a task that involves working with food
- After engaging in other activities that contaminate the hands

US Department of Health and Human Services: (2017) Food Code 2017 Recommendations of the United States Public Health Service Food and Drug Administration. College Park, MD: US Food and Drug Administration

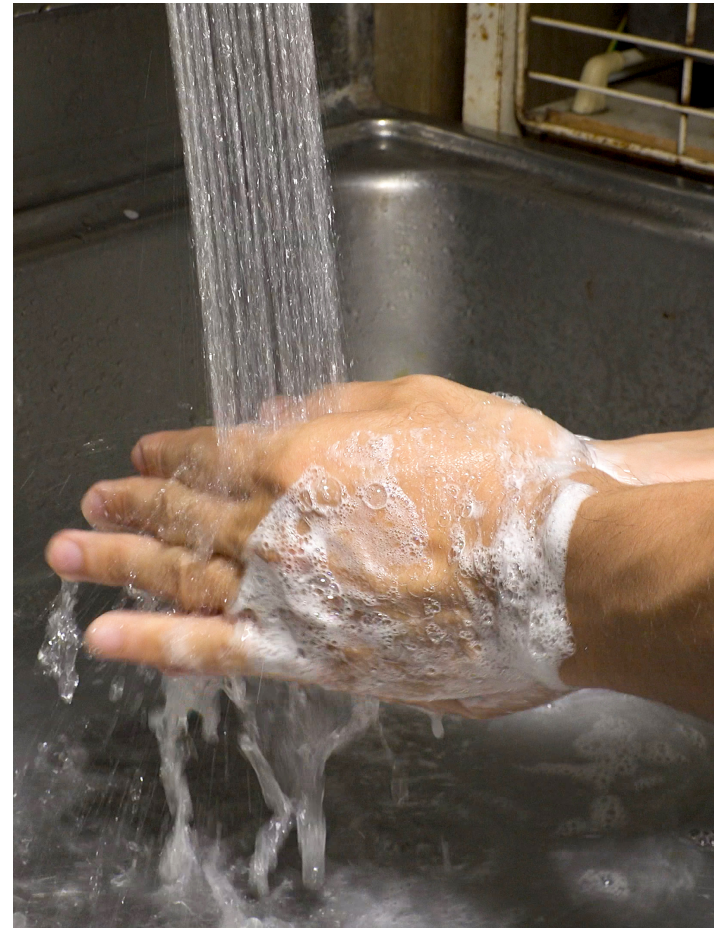
# How to Clean Hands

- 1 Rinse under clean, warm running water.
- 2 Apply an amount of cleaning compound recommended by the cleaning compound manufacturer.
- 3 Rub together vigorously for at least 10 to 15 seconds while:
  - *Paying particular attention to removing soil from underneath the fingernails during the cleaning*
  - *Creating friction on the surfaces of the hands and arms or surrogate prosthetic devices for hands and arms, fingertips, and areas between the fingers.*
- 4 Thoroughly rinse under clean, warm running water.
- 5 Immediately follow the cleaning procedure with thorough drying.

<http://www.fightbac.org/food-safety-basics/the-core-four-practices/>

# Key Takeaways

- The role of the foodservice worker in preventing foodborne illness and infections is important to keeping patients safe
- Handwashing reduces the amount of bacteria that can be spread during food production and foodservice
- Clean, warm water, soap, vigorous friction and clean, disposable towels are needed for effective handwashing





# References

- Visit <http://www.fightbac.org/> for information about foodborne illnesses and free food safety posters and educational materials.
- Visit <http://www.foodsafety.gov/> for food safety updates, alerts and guidelines on safely handling specific foods.
- US Department of Health and Human Services: (2017) Food Code 2017 Recommendations of the United States Public Health Service Food and Drug Administration. College Park, MD: US Food and Drug Administration.

# Handwashing and Infection Control

## Post-Test Answers

1. Frequent handwashing is effective in reducing the spread of bacteria.
  - a. **True**
  - b. False
2. When working, always wash your hands after eating and drinking.
  - a. **True**
  - b. False
3. Select all examples of items needed for effective handwashing:
  - a. **Warm water**
  - b. **Soap**
  - c. **Vigorous friction**
  - d. Kitchen towels
4. If warm water and soap are not available, hand sanitizer is an acceptable substitute.
  - a. **True**
  - b. False

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