Why Wash Your Hands?
To remove or destroy potentially harmful micro-organisms
Areas frequently missed during handwashing
- Most frequently missed
- Frequently missed
- Less frequently missed

When Must You Wash Your Hands?
Before...
- Handling high-risk area clothing.
- Changing into high-risk area clothing.
- Putting on gloves.
- Going into food handling areas.
- Handling ready-to-eat food.
After...
- Handling raw food.
- Handling waste.
- Using the toilet.
- Blowing your nose.
- Carrying out cleaning duties.

HANDWASHING

How To Wash Your Hands...
1. Wet your hands
2. Add soap
3. Rub hands together 5 times palm to palm
4. Left palm over back of right hand, then right palm over back of left, 5 times
5. Palm to palm 5 times, fingers interlaced
6. Backs of fingers to opposing palms with fingers interlocked 5 times
7. Clasp right thumb in left palm and twist 5 times, and vice versa
8. Using a circular motion, rub fingertips of right hand in left palm and vice versa, 5 times
9. Rinse with fresh running water
10. Dry, ideally with a disposable paper towel or single use towel
11. Apply hand sanitiser (eg. alcoholic hand rub) and use the same sequence of numbers 3-8, rubbing hands together until dry

When Using Gloves...
1. Wash and sanitise your hands as above
2. Put on gloves, taking care not to tear them
3. Remove gloves when leaving
4. Always change your gloves if there are any holes or tears and report them to your line manager
5. Dispose of gloves safely
6. Thoroughly wash, dry and sanitise hands before re-applying a new pair of gloves.

Acknowledgement: John Babb, Hospital Infection Research Laboratory, City Hospital NHS Trust, Birmingham, UK. © Chilled Food Association 1999