

Hand Washing Procedures

Poor personal hygiene of workers causes 25 to 40 percent of all foodborne-related illness in this country. Proper attention to good personal hygiene is essential to decrease foodborne disease.

Use the double hand wash method to reduce disease-causing (pathogenic) organisms on hands. The steps include:

1. Wet hands under hot, flowing water (100oF to 120oF, 2 gallons per minute).
2. Apply sufficient soap to develop a good lather. (Refrain from using antibacterial soaps.)
3. Use a fingernail brush to eliminate dirt on fingertips and under fingernails.
4. Rinse hands and brush in hot (100o F to 120o F), flowing (more than 2 gallons per minute) water.
5. To ensure removal of pathogens, wash hands again without using the fingernail bush. Wash arms as far up as will make contact with food.
6. Rinse hands and arms again in hot, flowing water.
7. Dry hands and arms with disposable paper towels.

Reference:

Snyder, O.P. 1992. HACCP - an industry food safety self-control program - Part VI. Dairy, Food and Environmental Sanitation. 12(6):362.