

SAMPLE HANDWASHING POLICY

Food employees that use effective hand washing practices can substantially reduce foodborne illness. According to the Washington State Department of Health, infected food workers are the sources of contamination in approximately 20 percent of foodborne disease outbreaks. Serving safe food to customers is all in food workers' hands. We have prepared sample policy language you can use to set expectations for hand washing in your establishment.

ALL FOOD WORKERS MUST WASH THEIR HANDS:

- Before starting to work;
- After using the restroom. You must wash your hands *twice*: once after washing them in the sink provided for the restroom, and then *again* at the kitchen hand sink before returning to your workstation;
- Before handling ready-to-eat foods;
- Before putting on disposable gloves;
- When changing tasks (for example, between putting chicken in the fryer and slicing fresh tomatoes);
- After touching hair or nose or coughing or sneezing;
- After eating, drinking or smoking;
- After handling raw meat;
- After handling chemicals;
- After handling garbage;
- After any other contamination to the hands may have occurred.

REQUIRED HAND WASHING PROCEDURE

Hand washing must take at least 20 seconds. These are the five steps necessary for effective hand washing:

- (1) Rinse hands and exposed portions of arms under clean, running warm water;
- (2) Apply an amount of cleaning compound, such as soap;
- (3) Rub together vigorously for at least ten to fifteen seconds while paying particular attention to removing soil from underneath the fingernails during the cleaning procedure and creating friction on the surfaces of the hands and arms;
- (4) Thoroughly rinse under clean, running warm water; and
- (5) Immediately follow the cleaning procedure with thorough drying using an approved drying process

To avoid recontaminating their hands food employees may use disposable paper towels or similar clean barriers when touching surfaces such as manually operated faucet handles on a handwashing sink or the handle of a restroom door.

AUTOMATIC HANDWASHING

If APPROVED and capable of removing the types of soils encountered in the food operations involved, an automatic handwashing facility may be used by food employees to clean their hands.



KITSAP PUBLIC
HEALTH DISTRICT

345 6th Street
Suite 300
Bremerton, WA 98337

360-337-5235 t.
360-337-5291 f.

kitsappublichealth.org