



Wyoming
DEPARTMENT OF Agriculture

GOOD HAND WASHING PRACTICES

Good hand washing practices are absolutely critical to prevent cross contamination of foods and to prevent food borne illness. Food workers must thoroughly wash their hands at required times during food handling and preparation activities. Hands must be washed prior to beginning a work shift, after using the restroom, eating, smoking, and touching contaminated surfaces, after handling raw meats and vegetables or as required when hands may become contaminated.

Food workers need to receive proper hand washing training prior to start of food handling. A record of training should be maintained for each employee. Daily hand washing practices in the food operation must be monitored by managers or the person-in-charge to ensure compliance. **Hands are washed only at a designated hand wash sink supplied with required items for hand washing.**

Employees should be able to demonstrate the following process:

1. Wet hands with warm water as hot as comfortable
2. Apply soap to hands
3. Vigorously scrub hands and exposed surfaces including finger, finger nails, back of hands, wrists, and forearms for 10 to 15 seconds
4. Rinse hands well to remove soap and contaminants
5. Dry hands using disposable paper towels or a hot air device
6. Use the paper towel to shut off the sink faucets and open doors

REMEMBER: USE OF GLOVES IS NOT A SUBSTITUTE FOR GOOD HAND WASHING. PROPERLY WASH HANDS BEFORE WEARING DISPOSABLE FOOD SERVICE GLOVES