

# Handwashing

## Hand washing steps:

1. Use the hand washing facilities provided.
2. Wet hands with warm water; then apply soap.
3. Rub hands including wrists, between fingers and around thumbs.
4. Rinse well and dry thoroughly.
5. Use a clean dry towel, disposable towel, or hand dryer.



## When to wash hands:

### Before

- Starting work
- Handling food
- Eating
- Putting on gloves.

### Between

- Handling raw food and food that is ready to eat
- Handling raw food and touching any other food or kitchen utensils.

### After

- Handling or touching raw food
- Using the bathroom
- Eating, drinking, or using tobacco
- Coughing, sneezing, spitting, blowing or wiping the nose
- Touching or scratching any part of the body – nose, ears, teeth, arms, hair, scalp, sores or cuts
- Handling money
- Removing gloves
- Handling rubbish or other waste
- Performing cleaning duties such as wiping benches or mopping.

**Health Protection Service Phone 02 6205 1700**