Why Handwashing?

One of the most important things you can do to prevent the spread of foodborne illnesses is to wash your hands. In fact, the Food Code requires that all food employees keep their hands and exposed portions of their arms clean. By frequently washing your hands, you wash away germs that you have picked up from other people or from contaminated surfaces, and prevent the spread of diseases.

When should you wash your hands?

You should wash your hands often. Probably more often than you do now because you can’t see germs with the naked eye or smell them, so you do not really know where they are hiding. Food employees should always wash their hands:

- After using the toilet room;
- After touching bare human body parts other than clean hands and clean, exposed portions of arms;
- After coughing, sneezing, using a handkerchief or disposable tissue; using tobacco, eating, or drinking;
- After handling soiled equipment or utensils;
- During food preparation, as often as necessary to remove soil and contamination and to prevent cross contamination when changing tasks;
- When switching between working with raw food and working with ready-to-eat food; and
- After engaging in other activities that contaminate the hands, such as clearing tables, handling dirty dishes or taking out the trash.
- After caring for or handling support animals or aquatic animals such as fish in aquariums, shellfish or crustacea in display cases;

Where Should You Wash Your Hands?

To prevent cross contamination - hands should be washed at a properly equipped handwashing sink.