



# HANDWASHING AND INFECTION CONTROL



# INTRODUCTION

## OBJECTIVE

To illustrate the role and importance of handwashing in a foodservice operation.

## KEY MESSAGES:

- To identify the important role the foodservice worker has in keeping patients/residents safe
- To teach how handwashing reduces the spread of bacteria
- To illustrate proper handwashing techniques





# WHY HANDWASHING IS IMPORTANT



- Controlling contamination from workers' hands is one of the five important interventions cited by the FDA Food Code to protect public health
- Preventing the spread of infection and foodborne illness is everybody's responsibility

US Department of Health and Human Services: (2017) Food Code 2017 Recommendations of the United States Public Health Service Food and Drug Administration. College Park, MD: US Food and Drug Administration

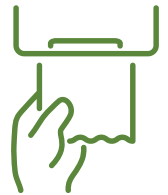
# WHEN SHOULD YOU WASH YOUR HANDS?

- Immediately before working in food preparation where exposed food, clean equipment and utensils, or unwrapped single-service or single-use articles are present
- After touching bare human body parts other than clean hands and clean, exposed portions of arms
- After using the toilet
- After coughing, sneezing, using a handkerchief or disposable tissue, using tobacco (smokeless cigarettes or e-cigarettes), 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
- Before putting on gloves to initiate a task that involves working with food
- After engaging in other activities that contaminate the hands

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# HOW TO CLEAN HANDS

1. Rinse under clean, warm running water.
2. Apply an adequate amount of soap.
3. Rub together vigorously for at least 20 seconds while:
  - Paying particular attention to removing soil from underneath the fingernails during the cleaning
  - Creating friction on the surfaces of the hands and arms, or surrogate prosthetic devices for hands and arms, fingertips, and areas between the fingers
4. Thoroughly rinse under clean, warm running water.
5. Immediately follow the cleaning procedure with thorough drying.



# KEY TAKEAWAYS

- ✓ The role of the foodservice worker in preventing foodborne illness and infections is important to keeping patients safe.
  - ✓ Handwashing reduces the amount of bacteria that can be spread during food production and foodservice.
  - ✓ Clean warm water, soap, vigorous friction, and clean disposable towels are needed for effective handwashing.
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## REFERENCES

Visit <http://www.fightbac.org/> for information about foodborne illnesses and free food-safety posters and educational materials

Visit <http://www.foodsafety.gov/> for food safety updates, alerts and guidelines on safely handling specific foods

Kitchen/Food Service Observation ([cms.gov](http://cms.gov))

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# HANDWASHING AND INFECTION CONTROL POST-TEST

1. Frequent handwashing is effective in reducing the spread of bacteria.

☐ True

☐ False

2. When working, always wash your hands after eating and drinking.

☐ True

☐ False

3. Select all examples of items needed for effective handwashing:

☐ Warm water

☐ Soap

☐ Vigorous friction

☐ Kitchen towels

4. If warm water and soap are not available, hand sanitizer is an acceptable substitute.

☐ True

☐ False