

# FOOD SERVICE WORKERS: WASH YOUR HANDS REGULARLY

HANDWASHING IS THE SINGLE MOST IMPORTANT WAY  
TO PREVENT FOOD BORNE ILLNESS OUTBREAKS.

**ALL EMPLOYEES  
-MUST-  
WASH HANDS  
BEFORE RETURNING TO WORK**

**Wash your hands before work,  
after using the restroom,  
and after:**

- touching your hair, face, or body
- working with dirty dishes/utensils
- working with raw food
- sneezing or coughing
- taking out garbage
- smoking
- eating or drinking
- handling living animals
- hands become visibly soiled

*You should...*

- use soap and warm water
- rub hands for 20 seconds
- wash:
  - hand backs and wrists
  - between fingers
  - finger tips and under nails
- rinse your hands well
- pat dry with paper towel
- turn water off with paper towel



**PROPER  
HANDWASHING  
GUIDELINES**



**FOOD SERVICE COMPLIANCE CENTER**

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