



## Washing hands

Hands automatically collect bacteria from everything we touch which can easily transfer harmful bacteria to food, food contact surfaces and to people (including ourselves). Even healthy people carry bacteria on their bodies that can cross-contaminate food by touching it with their hands. When hands are correctly washed, the risk of spreading harmful bacteria is significantly reduced.

### **Food handlers must wash their hands:**

- Before and after handling food
- After smoking
- After using the toilet
- After eating or drinking
- After handling raw food and before working with ready-to-eat food
- After touching the face, hair or open wounds
- After coughing, sneezing or blowing your nose

Antiseptic gels/hand sanitisers are not an acceptable means of hand washing.

### **Wash your hands by using these steps:**

- Use soap and warm running water
- Rub hands thoroughly for 15-20 seconds
- Wash all surfaces on hands, including wrists, between fingers, thumbs, under fingernails etc.
- Rinse hands well
- Always dry hands on single use towel

## Hand washing facilities

All food premises must have hand washing facilities that are located:

- Where food handlers can easily access them
- In areas where hands may become a source of contamination
- Immediately next to toilets or toilet cubicles that are part of your food business

Hand washing basins are designed for hand washing only and must not be used for any other purpose. The hand washing basin must have warm water, soap and hygienic hand drying equipment (such as single use towels) at all times.

## Do I need to wear gloves?

Food handling gloves are not required to be worn under the current food legislation. If you choose to use gloves, hands must be washed before putting them on and the gloves must be clean at all times. If gloves become torn or contaminated, they must be changed immediately as they will contaminate the food.

Raw food, which is to be cooked, can be safely handled with correctly cleaned hands.

Cooked or ready-to-eat food should be handled with utensils or equipment such as tongs, spoons, spatulas or disposable gloves.