# Handwashing

**Why:** Unclean hands can transfer bacteria and viruses to food, and cross-contaminate foods and food contact surfaces.

**Who:** All food workers.

**When:** Food handlers must wash their hands:
- Before starting work.
- Before putting on or changing gloves.
- After using the restroom, (use the restroom sink).
- After touching their hair, face or body.
- After eating, drinking, smoking, or touching chewing gum.
- Upon entering a food prep area.
- After cleaning or taking out the garbage.
- After touching anything that contaminates the hands.
- After using chemicals.

**Where:** Only at the designated handwashing or restroom sink.

**How:**
1. Use warm water (greater than 100° less than 120°)
2. Wet hands and exposed arms up to the elbow
3. Apply hand soap
4. Rub hands and forearms vigorously for 20 seconds
5. Clean under fingernails
6. Rinse under warm water
7. Towel dry with disposable towels
8. Be careful not to re-contaminate hands on faucets, paper towel dispenser, or door handle.

**Correction:**
- Observe employee handwashing practices and instruct them to rewash their hands if not washed properly.
- Retrain employee in proper handwashing procedures.

**PIC Verification:**
- Check that:
  - Soap and paper towels are available.
  - Sinks are accessible and conveniently located.
  - Water temperature and pressure are adequate.
  - Employees are following this SOP.
  - Handwashing signs are posted demonstrating proper handwashing steps.