HANDWASHING

Why?

Proper handwashing is essential to prevent the spread of bacteria and viruses, which can lead to food contamination and illness.

How to wash hands:

1. Wet hands with water
2. Apply enough soap to cover hands
3. Rub hands palm to palm
4. Rub back of each hand
5. Rub between fingers
6. Rub thumbs and fingrtips
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Do's

- ✓ Wash hands frequently
- ✓ Dry with a disposable towel
- ✓ Use designated basins

Don'ts

- ✗ Wash hands in sinks for equipment or food
- ✗ Dry hands on a clot towel
- ✗ Wear jewelry on hands or wrists