

## EMPLOYEE HEALTH & HYGIENE

# 2.2 HAND WASHING



Proper handwashing is necessary to ensure that soil and transient pathogens that may be present are effectively removed from associates' hands and arms, and to minimize the likelihood of the hands becoming a vehicle of cross-contamination.

### STANDARD

- Food handlers must keep their hands and exposed portions of their arms clean.
- Food handlers shall follow the approved hand washing procedure at an approved hand wash sink to wash hands.
- Food handlers shall wash their hands upon entry to the kitchen and/or anytime they become soiled/contaminated.
- All hand wash sinks must be functional, maintained clean, accessible/unobstructed, equipped with hot/cold water, soap, a drying device, signage, and trash can at all times for associate use.
- Hand sinks may not be used for any purpose other than hand washing.

### APPROVED HAND WASHING PROCEDURE

1. Rinse hands and exposed arms under clean, running warm water (minimum 85°F).
2. Apply hand soap to the hands.
3. Rub hands together vigorously for at least 10 to 15 seconds while paying particular attention to removing soil from underneath the fingernails during the cleaning procedure and creating friction on the surfaces of the hands, arms, fingertips, and the area between the fingers.
4. Thoroughly rinse hands and exposed arms under clean, running warm water.
5. Immediately follow the cleaning procedure with a thorough drying method such as disposable, paper towels.

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### WHEN TO WASH HANDS

- Anytime hands become soiled/contaminated.
- Upon entering or returning to the kitchen or other food handling areas.
- Immediately before engaging in food preparation including working with exposed food, clean equipment, utensils, and unwrapped single-service and single-use articles.
- After using the restroom.
- When switching between working with raw food and working with ready-to-eat food.
- During food preparation, as often as necessary to remove soil and contamination and to prevent cross-contamination when changing tasks.
- After touching the hair, face, or body.
- After handling cell phones or other personal equipment.
- After coughing, sneezing, using a handkerchief or disposable tissue, smoking or using other tobacco products, eating, or drinking.
- After handling soiled equipment or utensils.
- After caring for or handling service or aquatic animals.
- After cleaning or handling chemicals, cleaning tools and trash cans.
- When changing gloves.

### MUST DO

- **Monitor** associates throughout the day to ensure they are washing their hands properly, at the appropriate times, and only at the designated hand washing sinks.
- **Maintain** sufficient stock of supplies at each hand sink including signage, hot and cold water, soap, trash can, and a hand drying device.
- **Test** hand sink temperature daily using a probe thermometer to ensure the water gets warm (minimum of 85°F) within one minute.
- **Monitor** hand sinks to ensure they are not obstructed and not used for purposes other than hand washing.
- **Post** the FSQA Hand Wash sign at each sink, and the Kitchen Entry Hand Wash sign at each kitchen/preparation area entry.



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*Note: In all cases, compliance with stricter jurisdictional requirements is necessary.*

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### CORRECTIVE ACTIONS

- Immediately correct an associate who is observed to be washing hands improperly or not washing at the proper time.
- Immediately restock hand sinks when they run out of supplies.
- Request immediate repair of non-functional hand sinks or sinks that are not equipped with hot and cold water.

- ### AVAILABLE FSQA SIGNAGE
- [QAS-13](#) Kitchen Entry Hand Wash
  - [QAS-22](#) or [QAS-22CF](#) Hand Wash

- ### AVAILABLE TRAINING
- Video training: [Handwashing](#)
  - [5 Minutes on Food Safety - Topic 5](#): Hand Hygiene

- ### COMBINED ASSESSMENT #
- Q200 - Observe food handler hands, hand washing, and gloves in use.
  - Q250 - Observe each hand sink.

- ### HELPFUL LINKS
- Refer to [Section 7.8](#) Hand & Ware Washing Facilities
  - [Diversey product and training portal](#)

- ### NOTE
- Best practice- to avoid re-contaminating hands, food handlers may use disposable paper towels or similar clean barriers when touching surfaces (such as manually operated faucet handles on a hand wash sink or the handle of a restroom door).
  - The use of hand sanitizer does not take the place of full hand washing and may only be used after a full hand washing has occurred.

- ### FOOD CODE REFERENCES
- 2-301.11 Hands and Arms: Clean Condition
  - 2-301.12 Hands and Arms: Cleaning Procedure
  - 2-301.14 Hands and Arms: When to Wash
  - 2-301.15 Hands and Arms: Where to Wash
  - 4-501.16 Ware washing Sinks, Use Limitation
  - 5-202.12 Handwashing Sink, Installation
  - 5-205.11 Using a Handwashing Sink