

WHEN TO WASH HANDS

A guide to when employees must wash hands.



WASH YOUR HANDS BEFORE:

- Beginning work and after breaks.
- Preparing and serving food.
- Putting on or changing gloves.
- Assisting a customer with dining.
- Handling medication.

WASH YOUR HANDS AFTER:

- Using the restroom.
- Touching raw meat, poultry, fish or eggs, or other potentially hazardous foods.
- Eating, smoking or chewing gum.
- Touching soiled plates, utensils or equipment.
- Sweeping, mopping or wiping counters.
- Touching your nose, mouth or any part of your body.
- Sneezing or coughing.
- Handling trash, money, the phone or other unclean objects.
- Using chemicals.

DO NOT TOUCH READY-TO-EAT FOODS WITH YOUR BARE HANDS

Use gloves, tongs, deli tissue or other serving utensils.

1. Wear Gloves

- When you have a cut or sore on your hand
- When you can't remove your jewelry

2. If You Wear Gloves

- Wash your hands before you put on new gloves

3. Change Them

- When switching tasks
- When they are torn or soiled
- When performing the same task for four hours



Martin Bros.
DISTRIBUTING CO INC

martinbros.com | 800-847-2404

